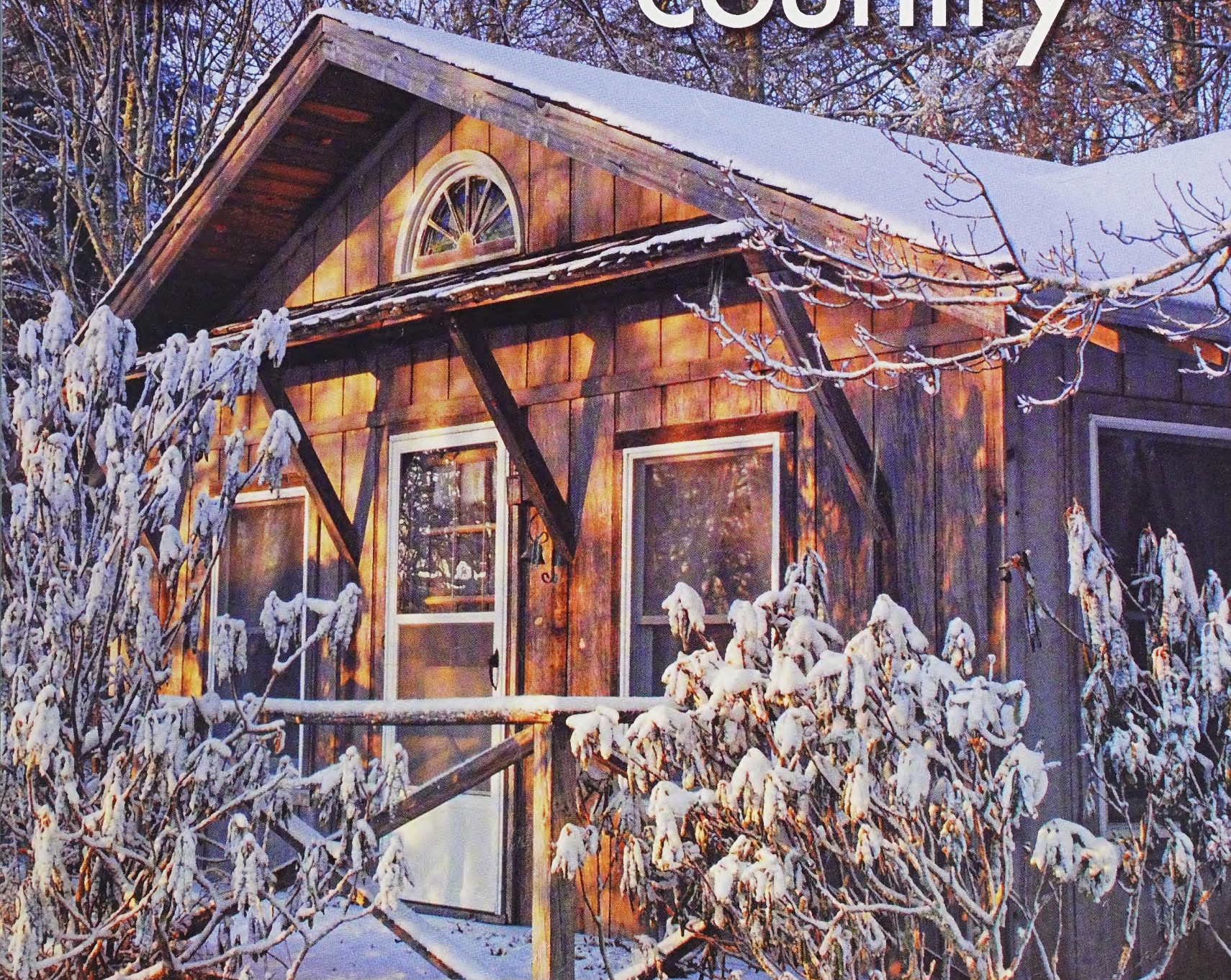


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All about space heaters

Strange family traditions

The Racing Life of J.D. McDuffie—pages 25–27



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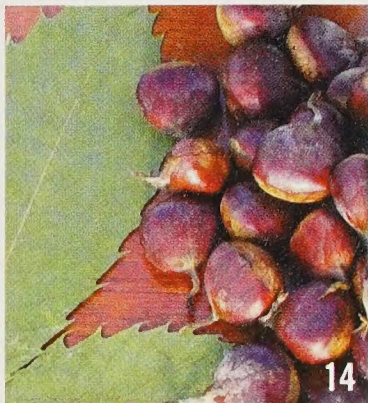


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A cozy cabin on the edge of Pisgah National Forest between Valle Crucis and Banner Elk. Photography by Todd Bush. www.bushphoto.com





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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Together we save



By Mitchell L. Keel

There's a good reason why we're promoting energy efficiency: It works.

Compared to the "good old days," we can live and work more comfortably today with less impact on both our budgets and our environment.

Just 35 years ago, we were hearing the call to cut back on how much gasoline and electricity we use. Today, the amount of energy a standard refrigerator consumes compared to 1975 models, for example, has been cut by 75 percent, according to the U.S. Department of Energy (DOE). During the same period, the automobiles we drove grew on average two-thirds more fuel efficient, from about 15 miles-per-gallon to nearly 25 mpg.

Clearly, Americans know how to rise to a challenge.

As we prepare to adjust American energy policy once again, we can build on the success we've already achieved in becoming more efficient, even as energy prices rise. We have reported in recent months on the advancements in efficient vehicles, battery storage, home appliances and technology that can generate more electricity using less energy. The key is for us to make use of these advancements in our own homes and businesses.

Consider the progress we've seen in refrigerator technology. According to DOE, the amount of energy we're saving by using efficient refrigerator models (versus those from the 1970s) equals more than all of renewable energy produced in America today, excluding hydropower.

And according to a 2009 McKinsey Global Institute study, by turning to energy efficiency to pull more productivity out of the electricity we require, the U.S. can reduce its demand growth from 2.1 percent each year to 0.5 percent. DOE says that because of efficiency measures, energy productivity—the impact we get from every

kilowatt-hour used—is rising by 0.9 percent a year.

You know the advice that electric cooperatives have been offering:

- Turn off everything not in use: lights, TVs, computers, etc.
- Check your HVAC filters each month, and replace as needed.
- Activate "sleep" features on computers and office equipment that power down when not in use for a while. Turn off equipment during longer periods when you don't use them.
- Insulate your water heater. You use about 15 percent of your home energy to heat water. Set the temperature at 120 degrees or lower.
- When buying new products, look for the Energy Star label.
- Replace at least five of your most-used light bulbs with CFLs.
- Schedule a professional energy audit for your house, then implement the recommended improvements.

The investment will pay for itself in energy savings, and you'll be helping the economy, the environment, and our nation's security. For low-income families, this year's Recovery Act broadened the availability of assistance for home weatherization. [See pages 10–11.]

Remember: The least expensive energy is the energy we don't use. ①

Mitchell L. Keel is CEO of Four County EMC, a Touchstone Energy cooperative serving more than 32,000 member accounts in Duplin, Sampson, Bladen, Pender and parts of Columbus and Onslow counties.

Together We Save

For an easy-to-use and comprehensive guide to understanding and improving the energy efficiency of your home, your Touchstone Energy cooperatives offer a new Web site:

TOGETHERWESAVE.COM

Making the best of Bible Study

My daughter and her family attend Owen Grove Church in the Kitty Fork community, and all are actively involved. Well, at some point, the family dog, Murphy, had to be taken to the local shelter. My daughter's middle son, Holden, seemed to be the most affected by this decision. Several days after Murphy was gone, Holden announced to his mother that he thought that they should have Bible Study. She replied that would be a good idea and called everyone into the den.

Their daddy, Frederick, chose some scripture and each one sat quietly with their Bibles waiting for their turn to read. First was Frederick, then Holden, then his sister, Hanna. After Hanna had finished, Frederick said, "Now it's Mommie's turn to read."

The youngest of the three children, Seth, who is only 4 and not yet able to read, said, "Hey, hey, Daddy! It's my turn!"

So Fred said, "OK, it's Seth's turn."

Seth opened his Bible and began, "Dear God, tell Santa Claus to bring me two games, bring Holden a DS," and without missing a beat looked over at his sister and said, "Hey, Hanna! What do you want?"

Kay Hobbs, Clinton, South River EMC

Go nukes

In the 1980s it was "global cooling." By the mid-1990s it changed to "global warming." Since the 2000s, actual measurements of global temperatures indicate the earth is in a state of global cooling. So the mantra is now "climate change." What does that tell you?

The politicians with "cap and trade" tax opportunities and climate scientists on the government gravy train don't want to admit that it now looks like it's global cooling. For the past several million years, science has determined that the earth has gone through multiple periods of warming and cooling without the help of man. It appears that the sun is the culprit.

The solution? Wind and solar will never get the energy job done. Nuclear is the only viable, non-polluting energy source that makes sense.

David Berendsen, Durham

We can do it

Forty years ago, the Cuyahoga River in Ohio was so full of sludge that it burned. The rivers of the U.S. were open sewers. The air above our cities was a toxic, eye-burning fume. When laws were proposed to put an end to this pollution, opponents claimed that making changes would be too expensive. It would cost jobs.

The laws were passed, the air and waters were cleaned up. New jobs were created as people and factories retooled to build the monitors, sensors and machines to make it happen.

Today, climate change threatens to flood our coastal cities with rising seas and disrupt our agriculture with shifting rainfall patterns. The challenge is great. Drastic change is needed. Senator Richard Burr says that change is too expensive, that it will cost jobs. That is no more true today than it was 40 years ago.

The American people have risen to challenges throughout our history, transformed ourselves and our nation, and embraced the future we built together.

Jim Senter, Rougemont, Piedmont EMC

An insightful American

It was quite refreshing to read Jacob Brooks' article ("Giving Thanks for Our Freedom") in the November 2009 Carolina Country. In this confusing period of our country's history when the popular media drives the beliefs and opinions of most of our citizens, I find it remarkable when the youth of our country can filter out the nonsense and demonstrate an understanding of what is truly important about being an American. Hopefully, Jacob's peers will reflect on his comments and benefit from his insight.

Nicholas Lynn, West End

I would do it all again

I got such an uplift from reading Jacob's Log about Veterans Day. As a disabled Vietnam veteran (Navy), I would do it all over again to protect people like him. My father was a World War II veteran and my brother also was Navy. I was so touched I just want to thank him.

Norman Casey, Winterville



Little drummer boy

My 2-year-old grandson, Liam, has music in his genes. That is not surprising, considering that his dad is a high school band director and his mom teaches flute lessons. One day in early fall, I put some empty buckets out in the yard. Liam arranged them on the well house as a kind of makeshift drum set. Using some sticks he picked up out of the yard he proceeded to fill the beautiful Carolina afternoon with a joyful noise. And the beat goes on.

Pam Tulbert, Mooresville, Blue Ridge Electric

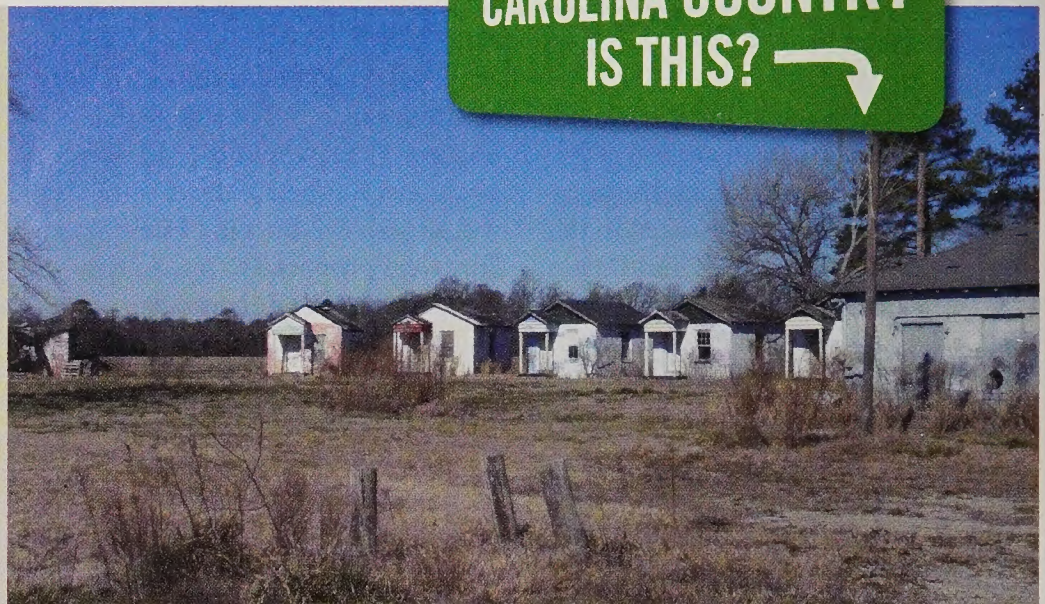
WHERE IN CAROLINA COUNTRY IS THIS? →

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Dec. 4 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our January issue, will receive \$25.

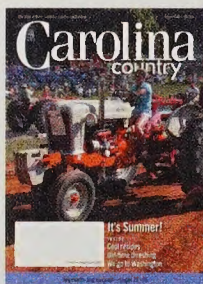


November winner

November's photo in EnergyUnited territory showed a large tepee burner, usually used by lumber mills to dispose of excess wood waste, off of Highway 90, just west of Hiddenite, near Dagenhart Frame Road. The \$25 winner chosen at random from all the correct ones was Jonathan Nance of Taylorsville, a member of EnergyUnited.

Cottonpickin' competition

Harold Bullock called from Robeson County to tell us he remembers when the Ford 950 tractor shown on the July 2009 cover first came out in 1954 or 1955. "It was when they switched from flathead to overhead valves," he said. The previous Ford model made in 1953 during Ford's 50th anniversary year was called the "Golden Jubilee."



Mr. Bullock was a longtime farm machinery mechanic from 1950 to 1983, as well as a farmer. He worked for the Ford place in Lumberton, then the Massey Ferguson place, then John Deere and finally Allis Chalmers. He remembers when the first Allis-Chalmers cottonpicker came to Robeson County in 1951 or 1952. He took it into the fields and demonstrated it, competing with a Farmall. "That Farmall outpicked us that day," he said, "so we took ours in and fixed some things on it, took it out the next day and beat the Farmall."

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Big burl

Here is a picture of a large burl on an oak tree located at Union Academy School in Monroe. The man in the tree picture is my foreman Jim Sturgill.

Rob Vinesett, RV's Tree Service, Monroe

JACOB'S LOG:

If you want to inspire people, become a teacher

By Jacob Brooks

Hello out there, Carolina Country readers. Welcome to another installment of my log. I hope everyone is doing well out there across beautiful "North Kackalacky." Things have been going great for me. I have been incredibly busy though. I thought my senior year was going to be a breeze, but I definitely thought wrong. I've been completely swamped with my huge graduation project, applying to schools and applying for scholarships.

Every year, seniors have to complete a project in order to graduate. The project can be community-related or completely personal. Some students choose to do things for the school, such as remodel stadium bleachers. Some students choose to do things for organizations, such as a car wash to raise money for a great cause. Students can also do projects for themselves, such as learn how to play an instrument. For my project, I learned how to play the bagpipes.

I wanted to learn how to play the bagpipes because I possess a great interest in music and I especially love Celtic music. I found a teacher close to home who was more than willing to help out. He gave me lessons and taught me everything I needed to know about the bagpipes. Not only did he teach me everything, but he also loaned me his set of bagpipes to learn on once we found out that the bagpipes I had purchased were completely useless. Even though I hit a couple of rough spots throughout my project, everything went great. It has become my new hobby.

As I mentioned, I also have been applying to colleges and seeking scholarships these past couple of months. I have applied to the University of North Carolina at Chapel Hill, North Carolina State University, Appalachian State University, and also the University of North Carolina at Wilmington. Any one of these schools would be fine with me. It doesn't matter to me what college I attend as long as I get the classes I need to achieve my dreams. I want to go to school to become a teacher.

I have always wanted to be a teacher because I want to be able to inspire people just like my teachers have inspired me. Some think I am crazy, because the pay isn't as good as in some other careers. But hey, you get two months off in the summer and you get an opportunity to have a great impact on children's lives. To me, that can't be beat.




I am now proud to say that I can play the bagpipes.

A great scholarship in North Carolina for future teachers is the Teaching Fellows Scholarship. Five hundred graduating seniors are awarded the scholarship every year. They each will receive \$6,500 for each year of college, and after they graduate from college they must teach for four years in North Carolina. This is one of the scholarships I have applied for. I am currently in the application process, and I pray that everything will work out for me. I have also applied for the Morehead-Cain Scholarship for Chapel Hill. This scholarship would supply me with a full ride if I were to be the recipient.

Whether or not I receive either of these scholarships, I still want to be a teacher. That is my career goal, aside from being President of the United States.

Oh, I did see my brother Josh a couple of times this past month. [See "Jacob's Log," October 2009.] He is doing really well at Appalachian State. I just thought I would keep ya'll posted.

I hope everyone has a wonderful holiday season. God bless. 

Jacob Brooks is a high school senior in Alleghany County. He is the national spokesman for the electric cooperatives' Youth Leadership Council.



Follow Jacob on the Carolina Country page on Facebook.

Try This!

Tips for having an energy efficient holiday season

Don't let an expensive January electric bill be the last gift of the season. With a few simple energy efficient tricks you can celebrate and save money at the same time.



The brightest house on the block

Using light-emitting diode (LED) lights for holiday lighting could curb your power bill. Whereas a string of traditional mini lights uses 36 watts of power, a string of LED lights only uses 5 watts and lasts up to 10 times longer. The lights are typically made of plastic and will not break, and many are brighter than traditional mini lights.

But a string of LED lights can cost two to three times more than traditional string lights, and many homeowners have reported mixed results with LED holiday lights. Unlike traditional incandescent lights, LEDs use computer chips to create the light. Depending on the quality of the manufacturing process, the brightness and life may not be what's expected.

Cheaper is not always better. When looking for LEDs, check out the lights plugged in at the store, or make sure you can return the lights if they do not meet your expectations.

All holiday lights, whether LED or incandescent, should be placed on a timer. Simple timers cost \$20 and can be set to turn on at sunset and off after a set number of hours.

Control "energy phantoms"

Cell phone chargers, computers, video game consoles and any electronic device that comes with a large square plug are "energy phantoms" that use electricity even when supposedly switched off. On average home entertainment products such as TVs, stereos, and video game consoles account for 7 percent of a home's annual electric bill. Computers and their related equipment account for another 5 percent of the yearly electric bill. These devices are typically always on and always consuming electricity.

When possible, unplug devices that are not being used, or plug them into a "smart power strip" that controls the flow of electricity to specific devices plugged into it. For example, it may cut the flow of electricity to unused devices such as DVD players, video game consoles and stereo systems, while allowing TVs and satellite or cable boxes to remain plugged in and operational.

Stay warm inside

If you have family and friends at your place for a large meal, turn down the thermostat before they arrive. Once a home fills with people the temperature will quickly begin to rise. Cooking will also add warmth to a home.

When cooking for the masses, the first direction of most recipes ("preheat oven to...") can be ignored; large pieces of meat such as ham, turkey or a roast do not require a preheated oven. Any food that requires several hours of cooking can begin cooking in a cold oven. The exceptions to this rule are baked goods: breads, cakes, and pies should enter an oven that has been preheated.

Source: The Cooperative Research Network, a research arm of the National Rural Electric Cooperative Association.

Can you help others save energy?

Send your conservation ideas or questions to us.

P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Protect yourself

ID theft tip of the month from the N.C. Dept. of Justice www.ncdoj.gov

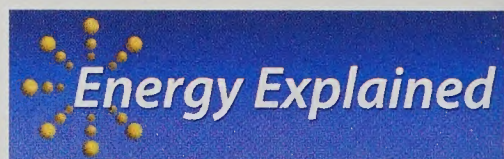
- Don't carry your Social Security card in your wallet.
- Give your Social Security Number (SSN) only when absolutely necessary.
- Ask why a SSN is needed, who has access to it, and how it is kept confidential.
- Don't print your SSN or driver's license number on your checks.
- Shred old bank statements, insurance forms, credit applications, etc. To hear about upcoming shred-a-thons in your area, e-mail alerts@ncdoj.gov and provide your county.

Energy explained

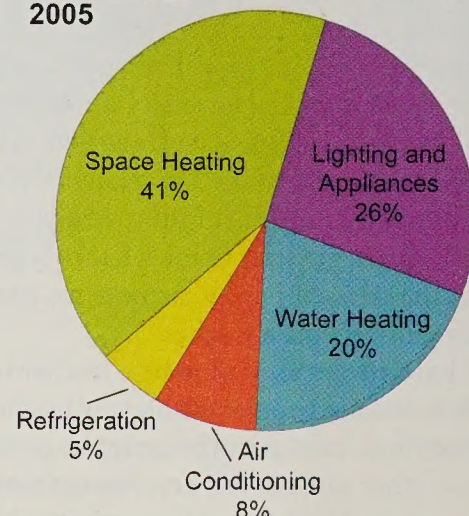
A new Web site launched by the U.S. Energy Information Administration (EIA) is intended to be the most comprehensive, and "plain language" energy education resource offered by the federal government.

Energy Explained explains where gasoline comes from, what determines the price of electricity, how much renewable energy the United States uses, and hundreds of other energy topics.

www.eia.doe.gov/energyexplained



How Energy is Used in Homes, 2005



Source: Energy Information Administration, 2005 Residential Energy Consumption Survey.

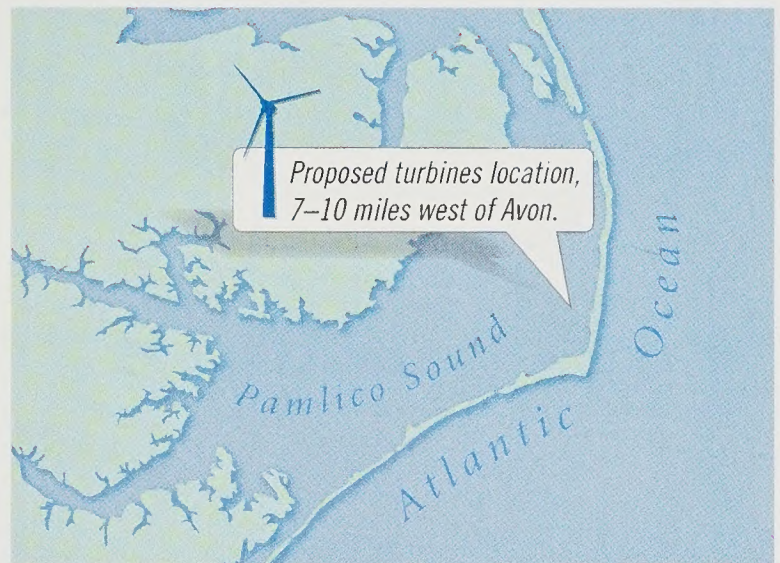
Wind energy study would place 3 turbines in Pamlico Sound

Gov. Bev Perdue and state Senate leader Marc Basnight of Dare County attended a hearing at Cape Hatteras Secondary School in September to hear comments about a wind energy study project proposed for Pamlico Sound. Both agreed that wind energy development off North Carolina's coast could create jobs and move the U.S. further toward using renewable energy resources.

Duke Energy Corp. and the University of North Carolina, Chapel Hill, hope to build three wind turbines set in 20-foot-deep waters about seven to 10 miles into Pamlico Sound west of the Outer Banks village of Avon. Transmission lines would be installed under water and fed to Cape Hatteras Electric Cooperative on Hatteras Island. The cooperative's general manager Jim Kinghorn said at the hearing the project could help the co-op meet the state government requirement that co-ops derive a percentage of their energy from renewable sources by 2018.

The project would study whether it makes sense to pursue offshore commercial wind energy development here. UNC also will quantify the project's ecological impacts and monitor turbine performance in tropical storm conditions.

The turbines will not be located in what researchers at the hearing said are more promising wind-rich waters offshore in the ocean. A UNC study released in June reported that



offshore wind development is capable of generating up to 55,000 megawatts of electricity, or enough output on average to power about 130 percent of North Carolina's total power needs, according to the study. The study also found that large areas of both Pamlico and Albemarle sounds are not favorable for wind energy development because of limited wind, ecological disturbances, proximity to cultural artifacts, and conflicts with military, fishing and recreational operations.

Halifax EMC lineman earns college certificate

Frank Steven Height, a lineman first-class for Halifax EMC, based in Enfield, is the most recent North Carolina electric cooperative employee to complete coursework earning him an Advanced Certificate in the Electric Lineman Technology program at Nash Community College. A lineman with Halifax for more than six years, he completed 17 college-level credits in the technology courses.



"This is a significant achievement that reflects well on Steve and his commitment to professional growth," said Tommy C. Greer, director of the North Carolina Association of Electric Cooperatives statewide program that helped set up the college curriculum. "It also speaks well of Halifax EMC's dedication to providing the best possible service to its members."

Halifax EMC supports the community college program not only to equip linemen with skills needed to advance in rank and pay level at their cooperatives, but also to give them abilities and confidence to pursue other tasks on the job and in their communities.

Energy efficiency help for farmers

The North Carolina Farm Energy Program can help farmers improve the energy efficiency of their operations. Administered jointly by the North Carolina Farm Bureau Federation and the NC Tobacco Trust Fund Commission, the program provides onsite energy audits conducted by professional engineers.

The audit assessment can indicate:

- Where farms can be more efficient
- Ways to increase efficiency
- How long it will take for improvements to pay for themselves
- Eligibility for federal and private grants to pay for efficiency improvements

The program also offers two cost-share grant opportunities. One can help farmers offset costs incurred while implementing energy efficiency improvements, and the second is for implementing on-farm renewable energy technology.

For more information, go to www.ncfarmenergy.org or call (919) 782-1705 ext. 8209.



Home Weatherization Help for Low-income Families

The “Recovery and Reinvestment” measure enacted by the federal government earlier this year expanded the Department of Energy’s (DOE) Weatherization Assistance Program to allow not only more improvements to homes but also to make more low-income people eligible for the services.

Families whose household incomes are at or below 200 percent of the federal poverty guidelines are eligible for up to \$6,500 in home improvements that will make houses more energy efficient. (See box for income guidelines.)

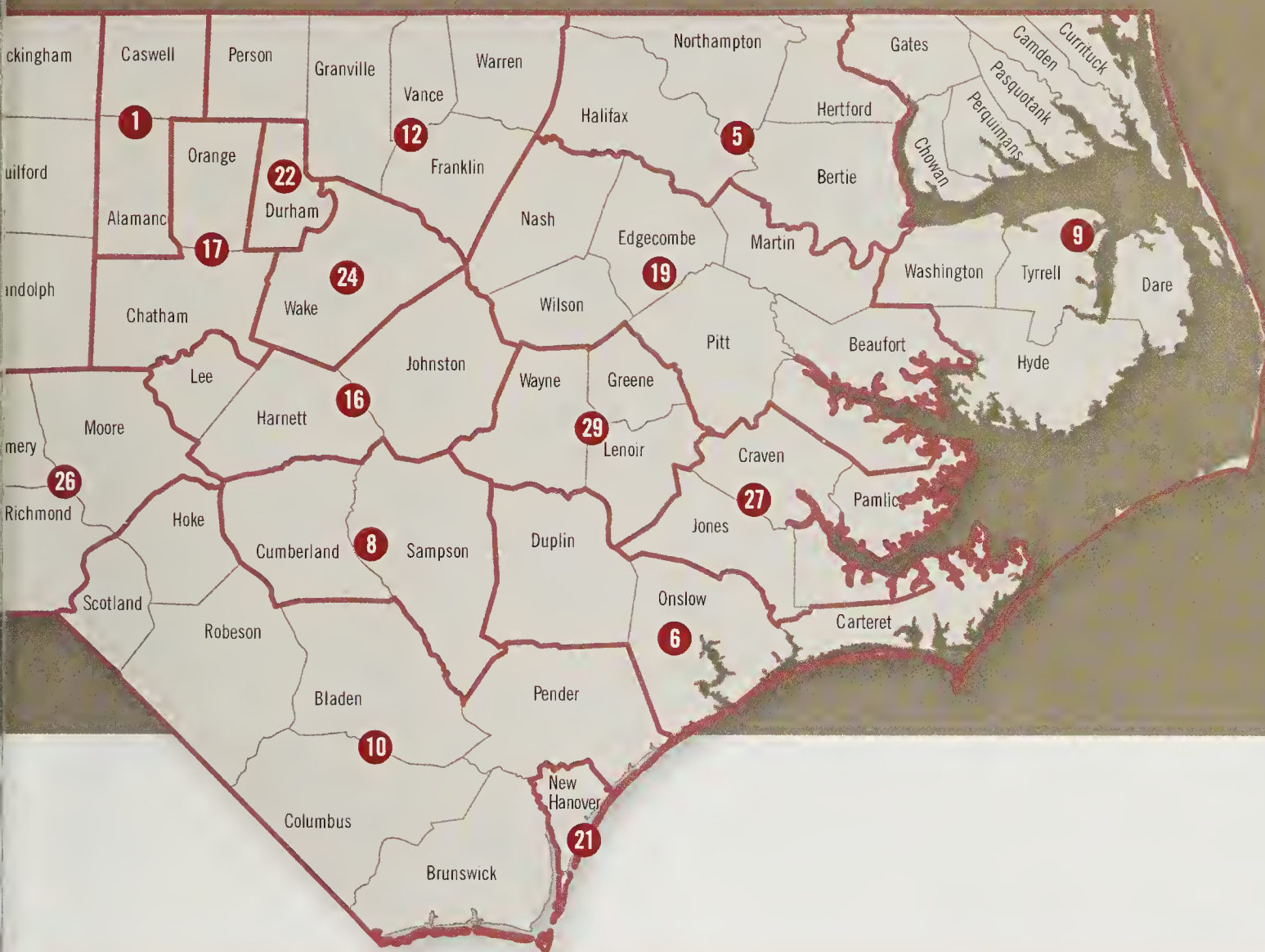
The DOE says that for every \$1 invested, weatherization returns \$2.73 in benefits. These include \$1.65 in energy-related benefits and \$1.07 in other benefits such as reducing pollution, unemployment and adverse health concerns. Also, families save approximately \$350 or more each year on their energy bills after their homes have been weatherized within the program, DOE reports.

2009 Poverty Guidelines

Persons in family	200% of poverty guideline
1	\$21,660
2	\$29,140
3	\$36,620
4	\$44,100
5	\$51,580
6	\$59,060
7	\$66,540
8	\$74,020

How the Process Works

- Call your local agency (see map and directory).
- Go to the office and complete an application (about 20 minutes).
- Bring proof of income for the past year.
- Answer a few questions about your household, such as, the number of people living in the home.
- If you rent, get permission from your landlord.
- If you are eligible, you are on a waiting list. If there’s an immediate need, you could go to the top of the list.
- Professionals who analyze energy usage at your house will:
 - Test the infiltration of outside air with a blower door.
 - Inspect equipment for health and safety.
 - List the most cost-effective measures for your home.
- The weatherization agency schedules skilled workers.
- All work is energy-related and does not include new roofing, siding, etc.
- Work is typically completed in a day or two.
- You sign off on final inspection.



N.C. Weatherization Assistance Program Agencies

1. Alamance County Community Services Agency

Counties served: Alamance, Caswell
Burlington, (336) 229-7031

2. Blue Ridge Communication Action

Counties served: Burke, Caldwell, Alexander, Catawba
Morganton, (828) 438-6255

3. Blue Ridge Opportunity Commission

Counties served: Alleghany, Ashe, Wilkes
N. Wilkesboro, (336) 667-7174

4. Cabarrus County Planning Services Division

Counties served: Cabarrus
Concord, (704) 920-2141

5. Choanoke Area Development Assn.

Counties served: Hertford, Bertie, Halifax, Northampton
Rich Square, (252) 539-4155

6. Coastal Community Action

Counties served: Carteret, Duplin, Onslow
Newport, (252) 223-1630

7. Community Action Opportunities

Counties served: Buncombe, Henderson, Madison, Transylvania
Asheville, (828) 252-2495

8. Cumberland Community Action

Counties served: Cumberland, Sampson
Fayetteville, (910) 485-6131

9. Economic Improvement Council

Counties served: Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell, Washington
Edenton, (252) 482-4459

10. Four-County Community Services

Counties served: Bladen, Hoke, Robeson, Columbus, Brunswick, Scotland, Pender
Laurinburg, (910) 277-3500

11. Four Square Community Action

Counties served: Cherokee, Clay, Graham, Swain
Andrews, (828) 321-4475

12. Franklin-Vance-Warren Opportunity

Counties served: Franklin, Granville, Person, Vance, Warren
Henderson, (252) 492-0161 or (800) 682-1163

13. Gaston Community Action

Counties served: Gaston, Mecklenburg, Stanly, Union
Gastonia, (704) 861-2283

14. I Care, Inc

Counties served: Iredell, Lincoln
Statesville, (704) 872-8141

15. Isothermal Planning and Development Commission

Counties served: Cleveland, McDowell, Polk, Rutherford
Rutherfordton, (828) 287-2281

16. Johnston-Lee-Harnett Community Action

Counties served: Johnston, Harnett, Lee
Smithfield, (919) 934-2145

17. Joint Orange-Chatham Community Action

Counties served: Orange, Chatham
Pittsboro, (919) 542-4781

18. Macon County

Counties served: Macon
Franklin, (828) 369-2605

19. Martin County Community Action

Counties served: Beaufort, Edgecombe, Martin, Nash, Pitt, Wilson
Williamston, (252) 792-7111

20. Mountain Projects, Inc.

Counties served: Haywood, Jackson
Waynesville, (828) 452-1447

21. New Hanover County Action

Counties served: New Hanover
Wilmington, (910) 762-7808

22. Operation Breakthrough

Counties served: Durham
Durham, (919) 688-8111

23. Regional Consolidated Services

Counties served: Randolph, Rockingham, Davidson, Guilford, Forsyth
Asheboro, (336) 629-5141

24. Resources For Seniors

Counties served: Wake
Raleigh, (919) 872-7933

25. Salisbury-Rowan Community Action

Counties served: Rowan
Salisbury, (704) 633-6633

26. Sandhills Community Action

Counties served: Anson, Montgomery, Moore, Richmond
Carthage, (910) 947-5675

27. Twin Rivers Opportunities

Counties served: Craven, Jones, Pamlico
New Bern, (252) 637-3599

28. W.A.M.Y. Community Action

Counties served: Watauga, Avery, Mitchell, Yancey
Boone, (828) 264-2421

29. Wayne Action Group for Economic Solvency

Counties served: Wayne, Lenoir, Greene
Goldsboro, (919) 734-1178

30. Yadkin Valley Economic Development District

Counties served: Davie, Stokes, Surry, Yadkin
Boonville, (336) 367-7251

The facts about space heaters

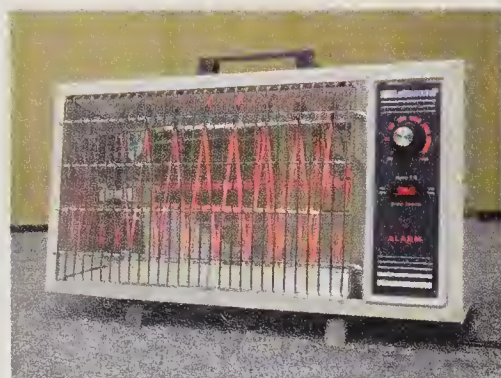
By Brian Sloboda

Space heaters are small, versatile and generally good at warming a room. However, some manufacturers claim that their electric space heater can significantly cut a home's heating bill. Do these claims make sense?

Some basic facts about space heaters will help get at the truth of the matter. Space heaters work best as a supplement to a furnace or heat pump—they are rarely used as the primary heating source. Three main types of space heaters are available, which can usually be bought for \$30 to \$100: radiant heaters, convection heaters and combination heaters.

Radiant heaters

A radiant heater heats objects and people—not the air—in a room. They are best used in rooms where the person who wants to be warmed can be in direct line of sight of the heater.



A radiant space heater.

Radiant heaters can be a good choice if you are in a room for a short period of time and want instant heat. They can pose a burn or fire risk and should not be placed near furniture, drapery, pets or small children.

Convection heaters

Convection heaters are designed to heat the air—not people or objects—in a room. Hot air from the convection heater rises to the ceiling and forces cooler air to the floor. The cooler air is warmed by the heater and rises to the ceiling, creating a cycle that continues as long as the heater is on. These are typically either baseboard heaters or oil- or water-filled heaters. The oil- or

water-filled heaters are the most efficient and typically look like a small radiator. Convection heaters are generally warm to the touch and, compared to a radiant heater, have a decreased fire and burn risk.

Combination heaters

A combination heater tries to bring the best of the radiant and convection heaters into one package. They often have an internal fan that aids in distributing heat throughout the room. They do not typically perform as well as a radiant or convection heater.

Choosing a space heater

Before purchasing a space heater you should determine how and where it will be used, and whether a radiant, convection or combination heater will do the job best. Combination units are versatile, but you will most likely get better performance from a radiant or convection heater. Use a radiant heater if you want heat instantly and will not move from one spot. If you need to warm an entire room, a convection heater should do the trick.

Most space heaters use between 600 and 1,500 watts of electricity. If a homeowner were to use a space heater 8 hours a day, 5 days a week for a month it would cost approximately \$15.26.

So, can using a space heater cut your home heating bill? Maybe.

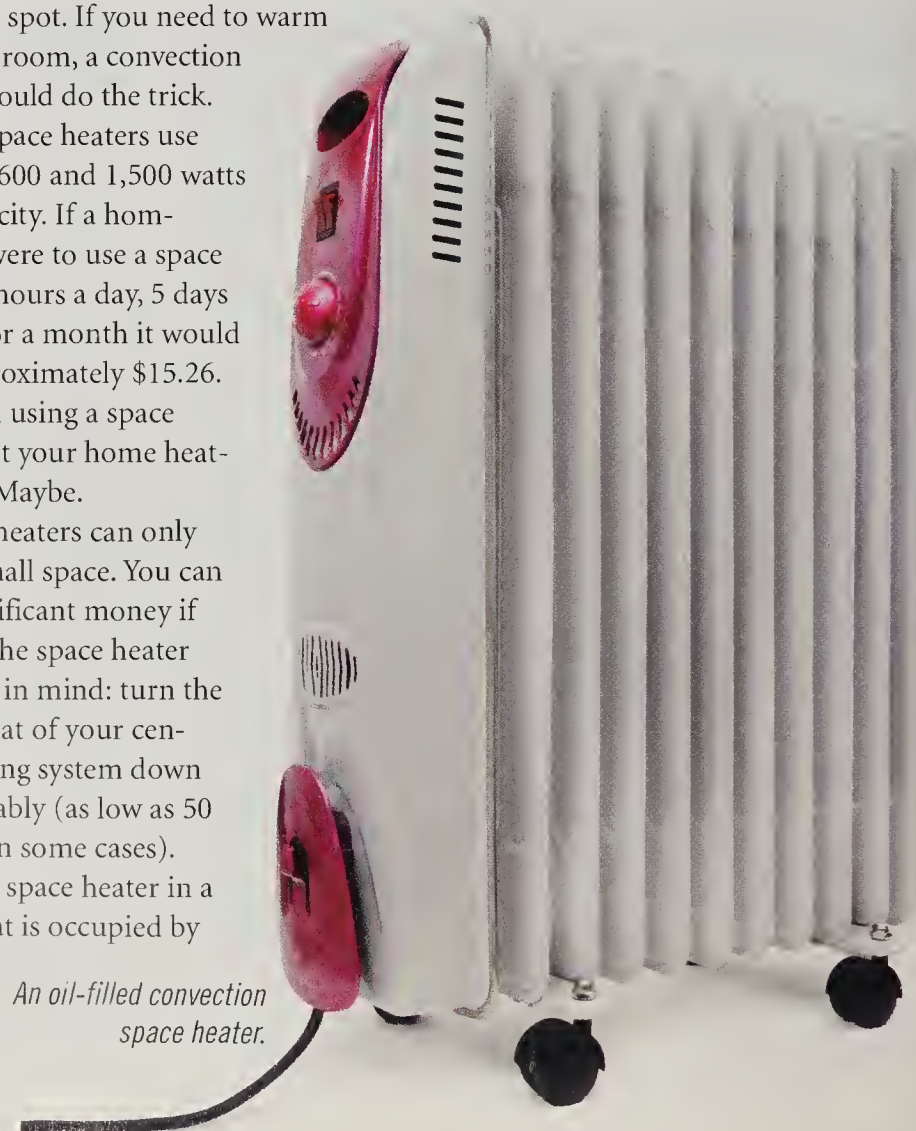
Space heaters can only heat a small space. You can save significant money if you use the space heater with this in mind: turn the thermostat of your central heating system down considerably (as low as 50 degrees in some cases). Place the space heater in a room that is occupied by

people, and close that room off from the rest of the home. This method of “zone heating” will save money.

Space heaters do have their place in warming a house. But they simply cannot replace energy efficient central heating or weatherization improvements to the home. For example, all electric space heaters produce 1 unit of heat for every 1 unit of electricity consumed, meaning they are 100 percent energy efficient. Those that use natural gas are 80 percent efficient. In comparison, geothermal heat pumps can produce more than 3 units of heat for every unit of electricity consumed, making them 300 percent efficient.

While it may be technically possible to cut your heating bill by 50 percent using a space heater, it is impractical for most people. **H**

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a research arm of the National Rural Electric Cooperative Association.



An oil-filled convection space heater.

Community Cookbook

Twenty years ago, McIlhenny Company established the Tabasco Community Cookbook Awards to recognize the role these unique books play in chronicling and preserving local culinary traditions. In 2008, Morehead City's entry, *A Little Taste of Heaven Since 1857* won top honors. This one-of-a-kind book shares the recipes, stories, photographs and history of Morehead City and its citizens. The wonderful photos and illustrations only added to the judges unanimous opinion that a book like this is what we yearn for—a true piece of local book-making. Hardcover with internal spiral binding. 360 pages.

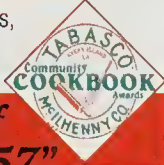
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The Return of the Chestnut Tree

A western North Carolina revival effort could help bring back those chestnuts roasting on an open fire

Text and photos by Hannah Miller

American chestnut trees used to be the workhorses of eastern U.S. forests. Their nuts, more plentiful than acorns, fed wildlife and humans. Their straight-grained, non-rotting lumber was the stuff of barns, homes and railroad ties. They made up fully 40 percent of the Appalachian forest, and were so imbedded in the American consciousness that songwriters could rhapsodize about “chestnuts roasting on an open fire.”

But that was before a chestnut blight arrived from Asia in the late 1800s. During the early part of the 20th century, it swept through the eastern U.S. mountains, where the trees grew. The bark of practically every mature tree soon bore the telltale reddish stain, and by the 1940s, there was scarcely a tree left standing. Roots remained untouched and sent up shoots, but the young trees that grew from them were also doomed.

Bringing back the American chestnut became the Holy Grail of chestnut-lovers throughout the East. Various avenues of research were, and still are, being pursued, but so far a new chestnut forest has yet to appear.

One could be on the way, however. The American Chestnut Foundation (ACF), founded in 1983, hopes it's

close to successfully crossbreeding the tall, fast-growing American chestnut with the short, squatty but blight-resistant Chinese chestnut.

Some 500 seedlings crossbred to have 15/16th American chestnut characteristics and also blight resistance were planted in national forests in North Carolina, Virginia and Tennessee this past spring. Part of the ACF's most advanced generation of test trees, they'll be left alone to propagate and, hopefully, to create future forests. “I have cautious optimism,” says Fred Hebard, staff pathologist at ACF's Meadowview Research Farm near Abingdon, Va.

They're a small part of the 150,000 to 200,000 trees that ACF and volunteer orchardists have planted over the years. To ensure that trees will thrive in varied growing conditions, trees at various stages of crossbreeding are scattered throughout the chestnut's former range from Maine to Alabama. Western North Carolina has 2,000 trees in 40 orchards, and volunteer orchardists include members of the Blue Ridge, French Broad, Haywood and Surry Yadkin EMCs.

“In North Carolina, we're really well along,” says Louis Acker of Creston in Ashe County, who is tending more than 200 trees.

Finding healthy trees by accident

Louis Acker's most advanced trees, expected to become the grandparents of a “final generation” of trees, are the result of a happy accident and the efforts of Blue Ridge Electric. In 2001, a bulldozer operator was clearing land for a development off the Blue Ridge Parkway in Wilkes County when he spotted a 35- to 40-foot, healthy-looking chestnut that had not yet succumbed to blight. “He stopped the bulldozer in its tracks,” and called the ACF, says Paul Sisco, recently retired as the organization's Southern Appalachian regional coordinator. Realizing there was no way he could get to the blossoms, which are in the top of the tree, Sisco called Blue Ridge Electric, which sent employee Greg Miller in a bucket truck to attach bags of blight-resistant pollen.

Acker, a retired geologist with the N.C. Department of Transportation, and his wife, Allie Funk, a retired professor at Appalachian State University, had long been working to bring back the chestnut. He's a founding member and board member of the Carolinas chapter of ACF. While still roaming the mountains with DOT, “I was the mother tree finder,” he says. “I kept my eyes open.”

Acker planted the nuts from the Wilkes County tree on his sheep farm, and last year he and Sisco deliberately inoculated the trees with blight. After Acker and helper Dewey Mahala culled them down to the seven most blight-resistant ones, Sisco returned last June to pollinate three that had put forth reproductive organs. (Chestnuts have both male and female reproductive organs, so pollinating them involves clipping off slender, fuzzy male parts and surrounding the round, cluster-like female parts with the desired pollen.)

Their nuts were harvested this fall and will be planted next spring. When the resulting trees are seven or so years old, plans are to crossbreed the most blight-resistant to get that hoped-for “final generation.” At that point, Paul Sisco says, crossbreeding will stop and “You have to sort of put them out in the woods and see if they can make it on their own. If they've got enough resistance, that's one celebration. When we see them make babies in the woods, that will be another celebration. That will probably take another 20 years.”

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.



Remembering Chestnuts

Dewey Mahala (above), 80, has worked on the Ashe County farm where Louis Acker has raised sheep and experimental chestnut trees for nearly 50 years, and he vividly remembers the chestnuts of his childhood.

The blight was raging in Ashe County in the 1930s, but not all the trees died at once. He remembers crushing with his bare feet the chestnut burrs that were left. "We used to go barefoot back then with frost on the ground," he explains.

The nuts inside the burrs—three to a burr—were so tasty, he says, that "I got up early to pick 'em before the turkeys got 'em."

Thanks to the efforts of Mahala, Acker and other farmers working with The American Chestnut Foundation, a new generation of western North Carolina children and wildlife may someday enjoy that long-lost autumn treat.



Top photo: To keep trial chestnut trees from being accidentally pollinated, volunteer orchardist Louis Acker clips off male reproductive parts—the pale, slender fronds—and encases the remaining female parts in paper bags. To ensure a varied gene pool and also promote blight resistance, those bags will be replaced with bags containing pollen from other crossbred trees.

Above: Blue Ridge Electric employee Greg Miller in 2001 used a bucket truck to pollinate the wild Wilkes County mother tree that may someday be the great-grandparent of a new American chestnut. (Photo by Jule Hubbard, Wilkes Journal-Patriot)

Above right: This tree shows the blight's unmistakable reddish stain spreading around the spot where Paul Sisco inoculated it and applied tape (pale area) to keep the fungus in.

The Acker sheep farm, Creston, Ashe County.



All in the FAMILY



Strange traditions that run in your families

"Hey man, I like that shirt!"

My sister and I are next door neighbors, and several years ago we had a yard sale together. Her husband came over to check out the merchandise and decided to purchase one of the polo shirts that my husband was discarding. He made his 25-cent purchase and took his new shirt back across the ditch.

A few years later, our families cleaned out our closets again and scheduled another joint yard sale. I saw my husband browsing around and then noticed him heading back into the house with an item tucked under his arm. Later when I asked what he had gotten, he proudly showed me his purchase. "I really liked this shirt that Freddy was getting rid of," he said. "So I bought it from him for a quarter." Upon closer inspection I discovered that Garry had unknowingly repurchased the very shirt that he had discarded in the yard sale pile a few years earlier!



Thus began our family tradition of two brothers-in-law exchanging The Shirt. It has been ceremoniously gifted back and forth every Christmas. Each time it is unwrapped, one of its joint owners is sure to comment, "Hey man, I like that shirt!"

Carol Murphy, Rose Hill, Four County Electric

Hamburger celebrations

Our family celebrates major purchases and events with a very special dinner: a simple hamburger sandwich.

Buy a new car? A hamburger! New house? Hustle to hamburger haven! Graduate? A hamburger! A new baby? Stop at Burger King on the way home! No fries, no shakes allowed. Just hamburgers.

This family tradition began out of necessity when we were married. As newlyweds we decided to pool our meager savings to buy a little five-room home. We really had to dig into all the corners for money to complete the deal, and even so the realtor had to float us a short-term loan to meet closing costs. After signing our financial futures away (it felt like that), the realtor quipped, "Guess you will be celebrating with dinner out."

Coolly, Tom replied, "Indeed we will." I wondered what secret source of money he had found in the last 30 minutes.

Tom proudly led me to a diner and ordered one hamburger. Floating on our newlyweds' cloud, we laughingly cut that hamburger in half and toasted our new home with the most delicious water. Then, smiling, we paid the bill in nickels, dimes and pennies.

Thus, a 43-year-old tradition was begun.

Shirley Uber, Randleman, Randolph EMC

The Creepy Crawler Hunt

While growing up, my son had a tradition of his own: The Creepy Crawler Hunt. From the age of 2 until he was a teenager, he spent every free moment outside looking under rocks and tree stumps to see what lurked underneath. Or he ran in the field chasing dragonflies and butterflies. Many times I would hear him say, "Mommy, come



see what I found!" or "Mommy, look what I caught!" He'd be standing there with a small garden snake, a grasshopper or a toad caught on his daily Creepy Crawler Hunt.

He'd ask, "Can I keep them?" I'd explain they need freedom to live their lives to the fullest; plus, we were out of dragonfly or toad food.

He'd smile at me, whisper to his treasured catch, walk away and let them go.

I'm now going through the empty nest syndrome. He's 19, living in California, trying to live his life to the fullest. Now I have carried on the family tradition. I wander around the yard or field searching for those creepy crawlers, capture them and find my mind yelling out, "Jeremiah, come see what I found!" And I simply smile.

Sherry Sizemore, Lillington, South River EMC

It's been a real hard year

My husband, Danny, likes to take an English walnut apart, remove the meat, put a \$100 bill inside and glue it back together. He then wraps it up as a Christmas gift. He tells the person who receives it that it's been a "real hard year."

He did this to each of our kids when they were grown. After they married, he pulled the same trick on their spouses. Our kids had to warn them not to "lose the walnut." I'm sure they wondered if being a little crazy was a trait their children might inherit.

I think the answer is yes.

Billie Regans, Charlotte

Using old toys

We decorate our Christmas tree with all the Happy Meal toys that we have collected over the years. This started when my daughter was 2 and my son was 1. They also include some of their favorite small toys. Each year we take out all the toys and place them on the tree. We chat about which ones bring back our favorite memories. We tried one year to have a more traditional tree, but it was not the same. Now we have two trees, one traditional and one Happy Meal tree. My kids are now 14 and 15.

Another tradition we have is that 12 days before Christmas the kids search their belongings for gently used items to leave for Santa. Each of the 12 nights they bring out one item. On Christmas Eve, Santa collects their items to give to other children, and he leaves them gently used toys he brings from "other children." This way I could explain thrift store purchases and also get rid of 24 items at the same time, making room for new Christmas presents.

Keli Swank, Grifton

To avoid gaining weight

As children, my brother and I would spend hours running around the yard, catching fireflies and filling our coffee tins with them. My mom told us that if we filled a whole can with fireflies, then she could make a lightning bug pie and it would glow. Needless to say, no matter how hard we tried, we were never able to fill up that coffee tin. (Or so my mother said.) We never did have lightning bug pie.

And at Thanksgiving, it was a tradition on my father's side of the family to have the kids jump up and down after every Thanksgiving meal. My grandma had told us that if we jumped up and down after we ate, all the food would go to our big toes and we wouldn't gain any weight. So we jumped and jumped after each meal. It never stopped me from gaining weight, but the good news is, my big toe never got any bigger.

Dori L Hess, Fayetteville

Crossing state lines

When I was growing up as the middle child of three girls, my parents did not have a lot of extra money. Each year they would save enough to take us on a summer road trip. They loved to travel, and this time on the road as a family is something I will never forget.

My parents started a tradition before we were born that every time they would cross a state line, they would lean over and kiss. Even as we would drive through the night, I would hear them blow a kiss quietly to each other and know we had crossed into another state.

This tradition lives on within our own families and helps me to remember not only the good times we shared as a family, but also the love that my parents share.

Danielle Skuda Isaak, Lincolnton, Rutherford EMC

Tricks for Dad

In our family, on April Fools Day, we try to play big jokes on my dad especially because he's always doing jokes on me and my sister all through the year. He should've been born on April Fools Day. He only missed it by two days.

Here are a few things we did to him on April Fools Day.

One year we lined up all his vehicles in his yard with a big "For Sale" sign on them, even his classic cars. He moved them real quick. And he got a few calls!

Another year we put up a big sign at the end of their driveway saying "It's a Boy" and tied big blue balloons to their mailbox. My parents were in their early 60s.

Another time our dad and mom left up their Christmas lights. So we sneaked out to their house and plugged them up. They never knew it until the next day.

Our dad's in heaven now, probably laughing with the angels.

We love you, Dad!

Sharon Hardin, Rutherfordton, Rutherford EMC

Sisters Day

As a child, I never understood why there was a holiday for everyone except the kids. There was a Mothers Day, Fathers Day, Grandparents Day, etc. So my sisters and I came up with our own holiday, Sisters Day. We came up with a date, July 17. On this day we would exchange gifts and do something fun together. We convinced our parents to take us shopping to buy gifts for each other. Each of us wrapped our gifts with anticipation of the special day. We couldn't have been more excited about "our day."

In the years that followed, we kept our tradition by going to a movie or going out for ice cream, anything as long as it was together. We decided every year, even when we were all grown up, we would get together and do something special during the month of July. I can't say that it has worked out every year, because we are now spread out across North Carolina, but it does help us to remember our special bond as sisters and as best friends.

Amy Lee, Newport, Carteret-Craven Electric

The annual documentary

While my grandfather was still alive, on December 23 of every year, he would make the entire family watch an old History Channel documentary on the Holocaust and Adolf Hitler. My mother's side of the family escaped Poland during the Holocaust, and my grandfather wanted to make sure that all of his children and grandchildren knew how lucky we were for the lives that we had. As a child I didn't appreciate what my grandfather was trying to teach us. But as an adult I am grateful for the courage it took him and my great-grandparents to run from Poland, and I still make a point to watch that documentary every year. 🕒

Emma Greening, Charlotte



Thanks to everyone who sent in stories of your family

traditions. You can see more at our Web site. Check out our new "I Remember" series on page 18 to learn how to submit your stories and pictures.

I Remember...



When Daddy broke the Christmas tree

It was a chilly Saturday in early December when the kids and I decided to drag out our old Christmas tree and decorate it for the upcoming holidays. April was 4 and Matt had just turned 8. That old tree had been used for years, first by my parents and now by our family. It was a little bit shabby, but it was the best we could do. The kids helped me put the branches in the holes on the tall center pole. Then we strung lights and put all the decorations we had accumulated (homemade and store-bought) on the branches. We thought it looked festive when we finished, even if it did lean a little to one side.

About that time, my husband came in to see the finished product. "That tree is leaning," he announced. "But I think I can fix it!"

"Maybe we could put a couple of magazines under one side," I said. Ignoring my suggestion, Dale reached through the ornament-laden branches and attempted to adjust the center pole. We all heard the ominous "crack" at the same time. The top half of the tree was really leaning now as it had completely separated from the bottom part.

April started howling, "Daddy's broke the Christmas tree! How is Santa Claus gonna come now?" Matt chimed in with unwanted questions and comments: "Wow, Dad, you really did break the Christmas tree! Guess that wooden pole didn't bend too good, huh? What'cha gonna do now, Dad?"

I was left holding the top part of the tree and listening to April's screams and Matt's chatter while Dale hustled off to find some tools. He returned with a hose clamp and soon had the Christmas tree back together. Peace was restored and we all agreed the tree looked quite festive, even if it did lean a little to one side.

Brenda Pardue, Hamptonville, EnergyUnited

Warm summers with my sister

Back when there were no computers, air-conditioning, fast food or cable television, we played with puppies, kittens or baby pigs. If we came upon a stray dog or cat, we could take it home because Daddy would help us hide it from Mama. But she always found out. She would eventually warm up to it, until it got in the house or in her flowers.

Our family grew huge gardens, or at least they were huge to us kids. The adults thought it was good for us to help them in this endeavor. Those rows seemed to go on forever! When we complained about our backs hurting, Daddy would say, "Oh, you're too little to have a back. All you have is gristle."

The highlight of our day was going to the corner store with Daddy to get a pack of Nabs, a Honey Bun and an RC Cola. There always seemed to be men sitting around in the store laughing and talking about something.

At night, my sister and I shared a bed and, of course, the window and breeze were on her side. I made her flatten out like a little frog so I could feel some air.

Wanda Garren, Lincolnton, Rutherford EMC

Plowing our garden

I grew up in a small community called Mayfield, located between Eden, N.C., and Danville, Va. This picture was made by Cora Lipford in June 1949, when I was 12 years old, plowing our vegetable garden. We had a large garden because there were eight children. On our farm we grew tobacco, wheat and corn. We also had two cows to milk, which took care of our food. We had electricity but few appliances and no indoor plumbing. Work was hard, but we enjoyed our life together.

James Pruitt, Reidsville



"Jimmy in the garden, 1949."



If you shucked a red ear you got to kiss your favorite girl.

Moore County cornshuckings

I remember as a young boy going to cornshuckings as a child during the late 1940s at my grandparents's place in Moore County, as well as at a nearby neighbor's in Balfour. Neighbors and friends would gather on one side of a long row of corn to help the farmer shuck his corn. If you shucked a red ear you got to kiss your favorite girl. Also, everyone looked forward to the good food that the ladies would have ready to eat when the shucking was done. The fried chicken, ham, dumplings, fresh vegetables and, of course, the delicious pumpkin and sweet potato pies.

The photo of the cornshucking was on my grandfather James N. Thomas's farm in Bensalem township, Moore County. It was 1943 during World War II. The soldiers were on maneuvers in the area. They regularly visited the farmers on the weekends, usually for a good home-cooked meal. My father, Cecil L. Thomas, is third from the left, and his twin sisters are standing near the middle of the photo.

My grandfather's farm did not have electricity in 1943, but is now being served by Randolph Electric Membership Corporation.

Wayne D. Thomas, Asheboro, Randolph EMC

Pokes and scissors

Growing up I worked in a wood shop with my parents from age 8 to the ripe old age of 15, and I suffered many cuts. As soon as I would cut myself, my father would say, "Go inside and get a poke and wrap it around it." No matter how bad that cut was, I wrapped a piece of brown paper around it, and lo and behold, the bleeding stopped. Also, I became car sick frequently and guess what? That brown paper poke was cut to the size of my stomach, a tee shirt was put over it, and off we went. Lo and behold, the car sickness was no more. Then there was the green bean drill. "Karen," he would say, "go get a poke, go to the garden, and don't come back until it is full." About two hours later I would return with that poke. And my mom! Anytime I was bleeding from anywhere, she applied scissors to the back of my neck, and that stopped the bleeding. Needless to say, I now have an aversion to pokes and scissors.

Karen Bowman, Statesville, EnergyUnited

The dress was easier to get

I was the eldest daughter of a struggling cotton farmer in 1949. In the summer before my senior year, while visiting my aunt in her small town that had one general store, I saw an evening dress in the window that I thought was the most beautiful of dresses. I had never had a "bought" dress and I wanted it badly for my senior prom.

I begged my parents to let me go to my aunt's house to pick cotton for a week for a man and his nephew who hired people, just so I could get that dress.

On a Monday morning, my Aunt Ruby said, "Do you see that young man across the railroad tracks? Ask him where he wants you to pick."

As I approached, he was so shy of girls he turned and walked to the other side of the car. I walked over there, and he went to the other side. I made up my mind I would get that young fellow to talk to me.

He wasn't in the fields that day but an outgoing cousin of his was and we picked side-by-side. The cousin told him about our day, and the next day I took a row between the two of them. I picked so fast I had to pick on their rows, too, so they could keep up with me. I averaged over 200 pounds every day that week, making my goal. So I got my dress.

He must have become interested, because the neighborhood began talking of Howard being interested in a girl, so I asked his uncle to tell Howard to take me home Saturday afternoon. But I never dreamed I would see him again.

The following Tuesday, up drove Howard and his cousin. They blew the horn and said he lost his picksack and asked if I had seen it. While there, he asked me to go to a movie on Saturday.

He brought his cousin along for the first 20 or so dates. His cousin and I talked while Howard held my hand. One night I whispered to him, "Can you and I go alone?"

We were married 15 months later. 

Rosita Jones, Dallas, Rutherford EMC



Howard is the world's champion in shyness. This is on Broad River before we were married.

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

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2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

My husband fell in love with a younger woman... me.

Breakthrough skin research turns back the clock 20 years—the secret is just under your chin!

Say goodbye to 'turkey neck.' Try it Risk-FREE for 30 days!

I remember the night I gave up on my neck. After a nice dinner out, my husband Steve and I went dancing downtown. We moved like teenagers out on the floor and it felt great... until I hit the ladies room lights. I was shocked. I recognized the face in the mirror and the low-cut black dress was definitely mine. But the neck belonged to someone else. It was wrinkled, tired and made me look 20 years older.

The little black dress went into the closet and for years I hid behind scarves and turtlenecks. I felt too old to dress sexy. My husband was still treating me respectfully, but the romance was slipping. A few less bouquets of flowers and our nights on the town were being replaced by naps on the couch. It felt like we had both given up, but then I found hope.

The Beauty Secret Under Your Chin

Top beauty experts agree that the one part of your body that can prematurely age you the most is your neck. While we worried about the slow creep of crow's feet, laugh lines and gray hair, it was our wrinkled necks that were giving us away.

Surprisingly, this is not because the skin on our neck ages faster than our faces. It's because women all over the world spend millions – even billions – on makeup, skin and hair products while doing little or

nothing for their neck! When I realized I was just as guilty as anyone, I decided to get back my younger, smoother neck.

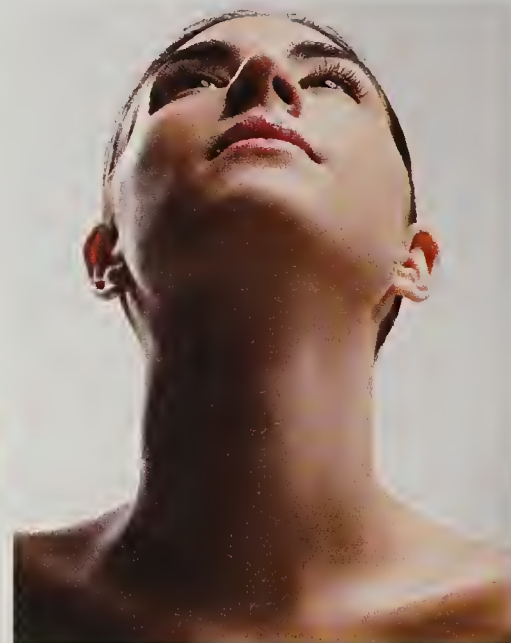
Say Goodbye to Turkey Neck

That's when I discovered Declatone®, specially-formulated to firm, shape and smooth fine lines and wrinkles in the neck (including the décolleté area). Declatone® is more advanced than ordinary face and skin creams because it combines anti-aging ingredients in a proprietary formula that's sensitive enough for the delicate skin of your neckline.

As the skin below your chin ages, gravity takes over. The result is an embarrassing 'waddle' better known as "turkey neck." Nothing leaves you looking older beyond your years. The ingredients in Declatone penetrate deep to reduce the crepe-paper appearance of fine lines and wrinkles and restore your neck's youthful firmness. Smoother, tighter skin can be visible in as soon as two weeks!

The Sexy Black Dress Returns

After two months I really noticed a difference... and I wasn't the only one. My husband's frequent compliments came back ("Honey, you look great!") and the scarves and turtlenecks went into storage. As I looked better, I started feeling better too. It wasn't long before my husband surprised me with a weekend away at a fancy hotel. Of course, the low-cut



"I never thought much about how my neck looked until I saw a recent profile picture of myself at a wedding—I was horrified—sagging turkey neck. Upon my first application of Declatone, I noticed that the skin quality of my neck showed immediate improvement... Now, after 2 weeks—I am simply amazed... my neck is brighter, smoother and visibly tighter."

— Jamie, Berkeley Township, NJ

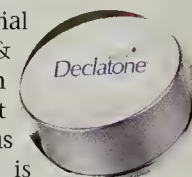
black dress came with us. My confidence was back and so was the romance!

Not Available in Stores

You won't find Declatone on drugstore shelves or behind the counter at high-end beauty boutiques. It's only available in limited quantities direct from the laboratory. To ensure its integrity, Declatone® is produced in small batches using a unique formula of clinically-proven ingredients. If you're truly serious about looking younger, take the first step today and call the number below.

Declatone®
30 Day Risk FREE Trial

We are so confident in the wrinkle reducing benefits that we want to offer you a 30 Day Risk Free trial for just a small shipping & processing fee, so you can experience the results first hand..... because seeing is believing! But this offer is limited so you must call today to get your trial of Declatone Neck & Decollete cream. If you're not 100% satisfied with the results, simply return the unused portion for a complete refund (less shipping & processing)



Declatone® Firms and Tightens Tired, Sagging Skin

Clinical studies of the ingredients in Declatone show that visible improvement of the density of the dermis and epidermis may increase 65%... after only two months of regular use!



Actual 60 Day Results – Unretouched Photos

Call 888-620-2759 Today to Get Your Free Trial of Declatone®

Butterball's Holiday Commitment

During the holidays, food manufacturers face the considerable challenge of meeting increased demands for products consumers enjoy. North Carolina-based Butterball, LLC—the nation's leading turkey producer—successfully manages high product demands while reaching exceptional worker safety benchmarks each year. The company's enduring commitment to ensure the health and safety of its employees and excellent food safety standards underscore Butterball's position as a prominent leader in the turkey processing industry.

From the moment the egg hatches to the bird's development on the farm, attention to health and safety is of utmost importance. Butterball's farmers follow stringent guidelines to ensure the nutrition and well being of its turkeys. During the final plant-processing phase, Butterball's facilities operate at the highest level to maintain the reputable food and worker safety standards that the company is so well known for.

Butterball's worker safety initiatives have prompted national attention and garnered recognitions from highly regarded organizations within the poultry processing industry. A few of the company's recent accolades include:

- STAR Site Designations from the Occupational Safety and Health Administration's Voluntary Protection Program (OSHA VPP) for maintaining low injury rates.
 - North Carolina Rising STAR Site recognition—Mt. Olive, N.C.
 - Federal OSHA VPP STAR Sites—Carthage, Mo., Jonesboro, Ozark, and Huntsville, Ark.
- The American Meat Institute Safety Awards
 - Huntsville, Ozark and Jonesboro Ark.
 - Mt. Olive, N.C.
- The HRevolution Award, sponsored by the Ameritas Group and leading technical journal The National Provisioner, recognizes processors that implement innovative human resource programs that provide financial or occupational benefits for employees. In August 2009, Butterball was a recipient of this award for its extensive worker safety programs and low injury rates.

Butterball also maintains its status as a leading meat processor as it has been recognized for developing superior food safety initiatives and complying with national regulatory standards set by federal agencies. Butterball takes a

multi-component approach, utilizing a variety of innovative food protection processes, such as environmental monitoring, sanitation and equipment examinations and food monitoring technologies to control food hazards. The company is one of five turkey producers to participate in Hazard Analysis and Critical Control Point's (HACCP) Models Project, a mainstream food safety procedure developed to prevent contamination risks throughout the manufacturing process. Further, it is one of only two companies currently taking part in voluntary salmonella packaging control programs.

Additionally, the company consistently communicates to its consumers the importance of proper food handling and optimal cooking temperatures to ensure home food safety.



Butterball Consumer Affairs
PO Box 1547
Kings Mountain, NC 28086

1-800-BUTTERBALL (800-288-8372)
Weekdays 11 a.m. to 8 p.m.

www.butterball.com

Roast Turkey with Cranberry Orange Glaze

- ¾ cup orange marmalade
- ¾ cup frozen cranberry juice concentrate, thawed (do not substitute regular cranberry juice)
- 3 tablespoons maple syrup
- 1½ tablespoons balsamic vinegar
- ½ teaspoon salt
- 1 (14-pound) Butterball frozen whole turkey, thawed
- No-stick cooking spray

Preheat oven to 325 degrees F. Combine marmalade, cranberry juice concentrate, maple syrup, vinegar and salt in small heavy saucepan. Bring to boil on medium heat, stirring frequently. Reduce heat to low. Cook, uncovered, stirring frequently 12 to 15 minutes, or until glaze is reduced to about one cup.

Remove neck and giblets from body and neck cavities of turkey; discard or refrigerate for another use. Drain juices from turkey and pat dry turkey with paper towels. Turn wings back to hold neck skin



against back of turkey.

Place turkey, breast side up, on a flat roasting rack in a shallow pan. Brush turkey lightly with vegetable oil or cooking spray. Roast turkey for 2 hours. Cover breast and top of drumsticks loosely with foil to prevent overcooking of breast.

Continue roasting turkey for another

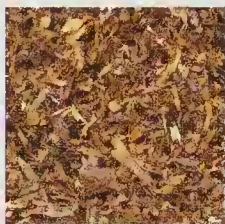
45 minutes. Remove foil and brush generously with glaze. Return foil loosely to top of turkey. Cook for another 45 minutes, or until meat thermometer reaches 180 degrees F when inserted into the deepest part of the thigh.

Brush with remaining glaze. Let turkey stand 15 minutes before carving.

Caring for trees now will pay off in the spring

Just as people battle Mother Nature during the winter, so do trees, with one major exception: trees can't avoid exposure to the elements.

"While your trees seem to be in a state of hibernation in the winter, exposure to the tough conditions can cause them major stress," said Jim Skiera, executive director of the International Society of Arboriculture. "Minimize that stress by helping your trees through the cold months, a little at a time. If you take care of your trees in the winter, you'll be rewarded in the spring."



- **Put composted organic mulch under your tree in the fall or early winter** to help retain water and reduce temperature extremes. A thin layer of mulch will act like a blanket and give the tree's roots a little extra winter protection.



- **Give your trees a drink.** Winter droughts require watering as much as summer droughts. If temperatures permit, an occasional watering during the winter on young trees can be a life saver. But be sure to water only when soil and trees are cool but not frozen.



- **Prune your trees.** Winter is actually one of the best times to prune because it is easier to see the structure of trees without their leaves. But limit pruning to deadwood and poorly placed branches in order to save as many living branches as possible.



- **Branch breakage or splitting can be caused by ice and snow accumulation,** or chewing and rubbing by animals. Prevent problems from occurring on young trees by wrapping the base of trees in a hard, plastic guard or a metal hardware cloth. Wrapping trees with burlap or plastic cloth also can prevent temperature damage. Just remember to remove the wraps and guards in the spring to prevent damage when the tree begins to grow.

Sources: Home Improvement News and Information Center, International Society of Arboriculture. For more, visit www.isa-arbor.com

Have a question about your trees?

North Carolina Cooperative Extension offers an amazing array of lawn and garden information. Its master gardener volunteers and Extension agents can answer questions on all types of garden and landscaping issues, including soil and disease problems. Extension is based in N.C. State University and N.C. A&T State University and has agents in all 100 counties of North Carolina. Find your local Extension's Web site and its phone number by visiting www.ces.ncsu.edu (click on County Centers). Another helpful Web site with an excellent search database is www.ncstate-plants.net.



America's largest collection Small folk art buildings on display in Asheville

A new, magical gathering of folk art buildings in Asheville is revealing much about culture, clever craftsmanship, and architectural history in America. The exhibit, "Building Small: American Folk Art Houses and Structures," is running through Jan. 10, 2010, at the North Carolina Arboretum at the Baker Exhibit Center.


The visually rich exhibit includes more than 200 structures, including small houses, churches, Ferris wheels, factories, castles and carousels. Most buildings were made by anonymous persons, and date from about 1890 until about 1950. The collection shows the remarkable imagination with which Americans have rendered small the places of their community, history and personal vision.

North Carolinians Steven Burke and Randy Campbell loaned the collection, which is the largest in America. The Arboretum's Community Partner, Smoky Mountain Living, and its Education Partner Asheville Buncombe

Technical Community College, provided support for the exhibit.

The indoor exhibit and parking is free for N.C. Arboretum Society members. For non-members, the parking fee of \$6 per personal vehicle includes admission to the exhibit. The Baker Exhibit Center is open Monday through Saturday from 9 a.m. to 5 p.m.; and Sundays from noon to 5 p.m. School group programs are available for a fee and must pre-register.

The Arboretum offers diverse activities for all ages. It has 65 acres of cultivated gardens, including a unique, acclaimed bonsai collection and seasonal landscapes. Visitors also enjoy exploring 10 miles of biking and hiking trails and the Arboretum's outdoor exhibits such as art installations.

The Arboretum's Education Center, The Baker Exhibit Center, production greenhouse and gardens are wheelchair accessible. Wheelchairs are available for visitors to borrow in the Education Center. 



Building Small: American Folk Art Houses and Structures
NC Arboretum in Asheville
Through Jan. 10, 2010
(828) 665-2492
www.ncarboretum.org



The Aluminum Tree and Aesthetically Challenged Ornament Museum & Research Center is probably the world's only museum dedicated to the preservation and public display of vintage Christmas trees. (photos by Ayn Clayborne)

Cool yule reigns

at the aluminum tree museum in Brevard

By Karen Olson House

It started with a scrawny aluminum Christmas tree someone tossed in the trash. A friend presented it to Stephen Jackson, and he re-gifted by throwing a fun, tacky tree-trimming party. Then folks enthusiastically plied Jackson with more tinsel Tannenbaums. Before long, he had seven shimmering inside his home.

Jackson, a custom home designer in Brevard, decided it was high time to enshrine the rare relics for the public. The newborn curator found various Brevard locations to display them yearly, and called the exhibit the "Stephen Paul Jackson Aluminum Tree and Aesthetically Challenged Seasonal Ornament Museum and Research Center" (or roughly, SPJATAACSOMRC for short). The seasonal museum was officially established in 1997 and renamed ATOM, (for Aluminum Tree and Aesthetically Challenged Ornament Museum & Research Center).

This year, it's the 50th anniversary of the Christmas aluminum tree and ATOM holds promise for even more

kitschy Christmas camp. It will feature a 50-tree display, along with loads of aesthetically challenged ornaments, at Transylvania Heritage Museum in downtown Brevard.

Most of ATOM's trees are true vintage, but Jackson and his spirited volunteers have "genetically engineered" some for grins, including the aluminum bonsai and aluminum palm trees. Key volunteers besides Jackson include co-curator Terry White, an event planner, Corey Schoff, a landscape architect and home designer, and Ayn Clayborne, official photographer.

ATOM's exhibits have raised thousands of dollars for community charities. There is no admission this year but visitors are encouraged to drop bills in the donation box to cover expenses. All proceeds from ATOM, above yearly operating costs, will go to support the Transylvania Heritage Museum, a non-profit organization.

ATOM's name is a bow to America's atomic-age, when the trees really shined. First marketed in 1959 by the Aluminum Specialty Company of Manitowoc, Wisc., the aluminum Christmas tree soon became a common sight in American homes. They had a modern appeal to Space Age consumers. The convenient trees were easy to set up and didn't even require the stringing of lights (due to the potential of electrical shock). Instead,

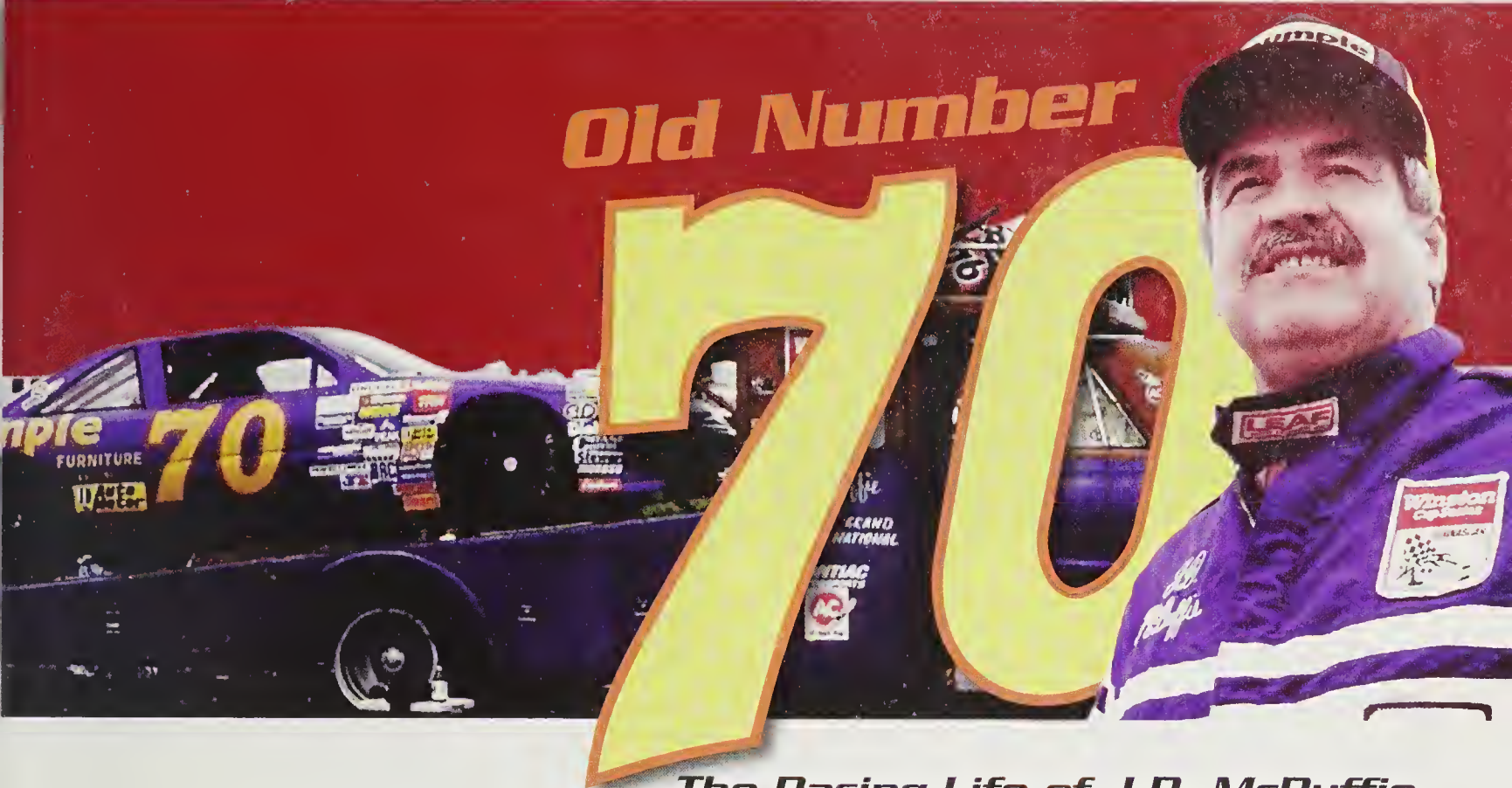
folks employed rotating color wheels, spotlights with colored lenses that "turned" trees green, blue and red. Rotating tree stands turned the gleaming beauties once every one to two minutes. Dozens of companies offered all sorts of aluminum trees, including wall-mounted, tabletop and free-standing versions in four, five, six seven and eight-foot sizes. In addition to silver trees, consumers enjoyed green, blue, red, gold and even pink-hued versions.

However, like Davy Crockett hats, waist-cinched dresses, Brylcreem and flat-tops, the trees' popularity gave way to the Cultural Revolution of the '60s. Once firmly in coolsville, the faux firs ended up in deadsville by the early 1970s, viewed with disdain by the new generation as a symbol for squaresville's materialism.

Visitors to ATOM in the past have enjoyed themes such as the "Tammy Faye Tree," complete with the onetime televangelist's signature false eyelashes, the Elvis tree, the Dolly Parton tree, the toilet tree and the "hhmmmm" tree (because that's what you say when you see it). ATOM also displays "old-growth aluminum tree forests" and sells "aluminum tree seeds" for trusting tree-huggers. "We believe people need a good laugh more than ever this year," says Jackson. "It's also a good chance for them to walk down memory lane." ☺

ATOM exhibit

Now through Dec. 19, 2009
Wednesday-Saturdays, 10 a.m.-5 p.m.
Transylvania Heritage Museum in Brevard
(828) 884-5304
www.aluminumtree.com



Old Number

The Racing Life of J.D. McDuffie

By Anthony W. Hager

“When J.D.’s hearse passed by, all activity would cease. Sanford had lost one of its own and was mourning his passing.”

—Don Rumple

A stock car race in Winston-Salem in 1949 is far removed from the bright lights of the modern NASCAR circuit. Doesn't it follow that a driving career launched at that race would be just as different from today's celebrity drivers?

A 10-year-old John Delphus McDuffie attended that event with his Uncle Reuben and his brother Glenn. They watched the iconic legends of racing's by-gone era compete for supremacy: Curtis Turner, Glenn Wood and Billy Myers. Glenn McDuffie remembers Myers winning the race, but J.D. wasn't there to see it. He had become sick from the exhaust fumes and was long gone when the checkered flag waved.

Nausea notwithstanding, the experience had lit a fuse within the boy from North Carolina's sandhills. Beginning that night, J.D. McDuffie knew what he wanted to do with his life. When he attained the age and the means, he and his father-in-law built a racecar from junkyard parts, and he began racing on the local dirt tracks. He won races at small speedways throughout the eastern portions of both Carolinas, eventually winning the 1962 championship at a small dirt track near Rockingham, N.C. His success spawned a desire to hunt the big game: NASCAR's Grand National circuit.

McDuffie took his first crack at the big time on July 7, 1963, at Rambo

Raceway in Myrtle Beach, S.C. His racecar was a 1961 Ford, which once belonged to Curtis Turner, with a refurbished roll cage and a big “X” painted on the door. Ned Jarrett won the race. J.D. started 14th and finished an uneventful 12th, earning the handsome total of \$120 for his efforts. However, that event launched a career that saw J.D. McDuffie start 653 Grand National and Winston Cup races over a 27-year span.

J.D.'s successes on the dusty local tracks never materialized on NASCAR's top circuit. His best career finish was a third place run at Albany-Sarasota Speedway in upstate New York in July of 1971, a race won by Richard Petty.

Yet, the fact that McDuffie never visited victory lane in a Winston Cup car doesn't mean he enjoyed no success in racing. J.D. twice finished in the top 10 in driver points and won the pole for the 1978 Delaware 500, which earned him a spot in the inaugural Busch Clash at Daytona the following February. His best overall showing was the 1979 Music City 420 in Nashville. A ninth place qualifying effort turned into a fifth place finish during which he led 111 laps, the most of any single race in his career. But, and perhaps fittingly, his performance was a mere afterthought in the media.

continued on page 26

Photos above: J.D. McDuffie's hauler and a photo of him at Watkins Glen not long before he was killed at Turn 5. (Photos courtesy Ima Jean McDuffie)



Early in his career with his 1969 Mercury Cyclone at the Charlotte Motor Speedway, home of the World 600.

That was typical for the dinosaur known as the independent driver, for whom McDuffie could've been poster boy. Seldom did such men attract the wealthy sponsors or the fame and notoriety that racing held. But the lack of media attention was no indicator of the owner-driver's talent, knowledge and determination. J.D. possessed all three qualities, and they brought opportunities to drive better and faster equipment for other car owners.

One of those offers eventually carried Benny Parsons to the 1973 Winston Cup championship. According to Glenn McDuffie, J.D. had twice declined the driver's seat. When Glenn asked his brother why he didn't take the ride, J.D. responded simply, "I don't want anybody telling me what to do."

Such a reply was indicative of J.D.'s dogged resolve, and his determined attitude brought him respect in the garage area.

Dale Earnhardt's helping hand

One of his greatest allies was a fellow North Carolinian, some guy known as "The Intimidator." Dale Earnhardt assisted J.D.'s lonely struggle several times, even to the point of donating the winnings from pre-race poker games to McDuffie Racing. There was a time at Pocono when McDuffie's only engine went sour prior to the race. He approached Earnhardt about borrowing an engine for the weekend. Dale readily obliged and J.D. made the field for the Sunday's race. Whenever J.D. tried to return the engine, Dale would wave him off, promising to get it later. J.D.'s wife Jean recalled a similar situation at Daytona.

J.D. was on the edge of qualifying

for the race, so Earnhardt passed the hat around the garage. He raised enough money to buy another engine for McDuffie Racing. Unfortunately, as Jean tells it, "That engine wasn't any faster than the one J.D. had, so it wasn't much help. But he appreciated the effort."

The admiration for J.D.'s resilience went beyond the

other NASCAR teams. Jean remembers seeing volunteers at every track who were ready to pitch in with anything the number 70 car might need. "He never had to ask," she says.

The volunteers' faces are too numerous to recall and their names are obscured by the passage of time. But there was one man, known as "Big John," who stands out in Jean's memory. He was "Big John" in both strength and stature, and he helped pit McDuffie's car at the California races. "I can still see him," Jean says, "walking through the garage with a mounted tire and wheel in each hand."

For all the help received from willing fans and other race teams, J.D. himself was arguably his best and most dependable asset. McDuffie was an excellent mechanic and his knowledge of race cars might've made him another Richard Childress. Don Rumble—son of the late Tom Rumble, founder of McDuffie sponsor Rumble Furniture—saw J.D.'s expertise firsthand. "He was a great mechanic who would've made a good crew chief," says Don. "But J.D. liked to do his thing and was happiest behind the wheel."

Don remembers an incident in the garage at Daytona that highlights not only J.D.'s mechanical abilities but also the hardships he faced and the resourcefulness that kept him going. Maybe you remember how your grandpa taught you to straighten a bent nail. You roll it slowly and tap it with a hammer until the shank is again true. Don witnessed J.D. using that principle on a much larger scale.

McDuffie had bent his car's rear axle during a practice session. The better financed teams would've tossed the

damaged part in the scrap heap. But that wasn't an option in the McDuffie Racing stable. When Don Rumble poked his head inside the garage stall there sat his driver gripping a borrowed torch. The bent axle lay over a couple of old tires and J.D. was heating the metal, rolling the axle and banging it with his hammer. Eventually, the axle was as straight as your grandfather's nail and the McDuffie Pontiac raced on it that weekend.

As NASCAR changed

Such resourcefulness was indispensable for J.D., and it indicates the mountains he conquered to remain a part of the Winston Cup Series. Racing was seldom easy for J.D. McDuffie and by the late 1980s it was becoming even more difficult, if not downright impossible. NASCAR was changing rapidly. The independent drivers --like the dirt tracks NASCAR's top level had once called home—were little more than musty relics consigned to the corner of racing's basement.

To complicate matters, J.D. suffered serious burns from a fiery crash during a qualifying race for the 1988 Daytona 500. Contact with another car sent J.D. into the outside wall, rupturing the oil cooler. The ensuing fire engulfed the car as it slid to a halt on the track's apron. Fortunately, he was able to escape the inferno under his own power and was taken to the hospital with second and third degree burns, especially to his hands.

The fire was so hot that it melted the steering wheel in McDuffie's car. Worse still, someone had taken J.D.'s brand new pair of fireproof gloves from his driver's seat the very morning of the 125-mile qualifier. He raced anyway. Somewhere, someone had a prize racing souvenir. J.D. got the scars.

During the Daytona 500 a few days later J.D. spoke to the broadcast crew from his hospital room. "All I ever done is race, it's all I know," he said. "I still love to do it and I'll be back. This ain't going to get me down."

The crash at Turn 5

J.D. raced only 17 times between 1988 and 1990. By the time he arrived at Watkins Glen, N.Y., in August of 1991 McDuffie had made the field in only four of the season's 17 events. But the night before the Budweiser at the Glen, J.D.'s frustration turned to

jubilation. He won an all-star race at the Shangri-La Speedway in Owego, N.Y. Less than 24-hours later, on August 11, John Delphus McDuffie lay dead in the driver's seat following a violent crash at Watkins Glen International's dangerous Turn 5.

Ricky Rudd, perhaps Winston Cup's best road racer at the time, and Harry Gant had wiped out in the same turn during the practice session a few days earlier. Tommy Kendall had also suffered severe injuries in Turn 5 during a sports car event the previous June.

Opinions vary on what caused that fateful accident. The news accounts say that the right front wheel had broken loose, which is plainly evident in video of the wreck. Other observers claim that contact with another car started the incident, or that brake failure or a stuck accelerator was the culprit. Whatever the cause, McDuffie had died instantly of brain injuries after his Pontiac slammed into a tire barrier, flipped, and landed on its roof.

The L.C. Whitford Company of Wellsville, N.Y., sponsored J.D.'s ride for the Watkins Glen race. It was the company's first and only foray into Winston Cup racing, a one-time deal made at the request of a Whitford employee who had previously worked on McDuffie's pit crew. Company president Brad Whitford never had the chance to meet McDuffie and wasn't even at the race. But, in a chilling quirk of fate, he turned on the television

just in time to see a replay that he said, "made me sick to my stomach."

Sanford's hometown hero

It's been said that a person's worth is undervalued until they're gone. J.D. received little recognition during his career, but it seemed everyone understood the void he left behind when he died. "J.D. was just a humble man that everyone liked," said Tommy Bridges, who conducted J.D.'s wake for the Bridges-Cameron Funeral Home. In fact, the number of mourners who paid tribute to Sanford's favorite son was among the largest he has witnessed during his 50 years in the field.

Race fans transformed Sanford, N.C., into an RV campground that resembled the race day infield at Charlotte Motor Speedway. News crews rolled film. Winston Cup drivers and car owners—out of respect for their fallen competitor—spurned interview requests as they filled the Grace Chapel Church beyond capacity, leaving hundreds of mourners standing in the churchyard. The outside interest was enormous, but it wasn't the out-of-town fans or the racing celebrities that caught Don Rumble's eye.

Rumble rode third in line behind J.D.'s hearse in the funeral procession. There was little fanfare, just an eerie silence hanging over Sanford's streets and businesses. It was as if the President of the United States was being laid to rest. "People were



Often his own mechanic, J.D. kept a Tampa Nugget working whether the engine did nor not.

stopped, quiet and somber," Don recalls. "When J.D.'s hearse passed by all activity would cease. Sanford had lost one of its own and was mourning his passing."

To race fans, J.D. McDuffie was a sports figure, somewhat of an icon on the Winston Cup Series. To the people of Sanford he was far more than a hometown hero; he was their neighbor and their friend. He was a brother, a father and a husband. His success was certainly modest, especially when measured against racing's current standard. Yet, in a way, he was more successful than today's brightest and wealthiest stars. J.D. never had to bow and scrape for the suits and ties of an image-conscious corporate sponsor. He never had to mince words nor pander to anyone.

J.D. was his own man; a man with an easy smile, a brushy mustache and a thoroughly gnawed Tampa Nugget cigar. He maintained his independence and his resourcefulness in a sport where both qualities were destined for extinction. Along the way he earned the respect of competitors who routinely defeated him on the track. He also won the allegiance of fans who could relate to his struggles, silently hoping against all hope that stock car racing's Don Quixote would someday topple a windmill.

Ultimately he remained the same J.D. McDuffie whose dreams began on a summer night in Winston-Salem. He was the regular guy down the street who just happened to earn a living at nearly 200 mph. 🍷

Anthony W. Hager is a Gaston County writer whose work has appeared in the Gaston Gazette, the Lincoln Times-News and the

Rumple Furniture and Tom Winkle Pontiac sponsored McDuffie and his 1986 Pontiac Grand Prix during the 1986 Winston Cup series.

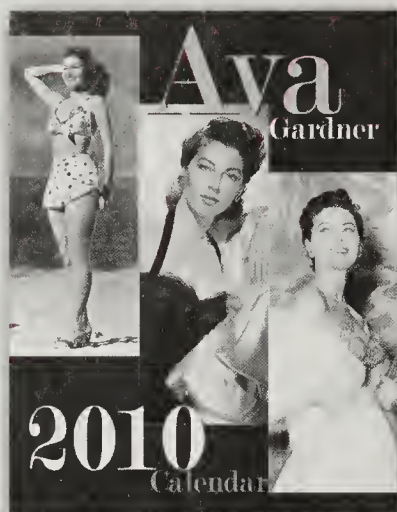


Ava Gardner calendar

The Ava Gardner Museum in Smithfield sells unique Ava Gardner items not found anywhere else. Born in Brogden community southeast of Smithfield, Gardner was one of the most photographed women at MGM and the museum has a large collection of photos. It recently added its 2010 Ava Gardner calendar to its gift shop. The museum's annual calendars don't repeat photos, and include information about Ava's life, noting dates of film premieres and co-stars' birthdays. The calendar also observes landmarks in Ava's life, such as the date of her marriage to Frank Sinatra. The 2010 calendar is \$10 and is available for purchase in the museum gift shop or through phone orders. The Ava Gardner Museum is located in downtown Smithfield. It's open Monday through Saturday, 9 a.m. to 5 p.m. Admission.

(919) 934-5830

www.avagardner.org



"Making memories"

Gateway has been spreading the good news of Christ through song and testimony for many years, exhibiting spiritual energy, enthusiasm and dedication both on and off the stage. The Mocksville-based band's latest CD features 10 tracks, including the songs "Put Wings On Your Problems," "Promised Land," "Don't Weep for Me," and "Two Winning Hands." Larry Holbrook sings bass/baritone/lead vocals and plays guitar, Larry's wife Glenda Holbrook sings soprano/alto vocals and John Worley sings lead/tenor vocals. "Making Memories," recorded at JBS Productions in Winston-Salem, is 30 minutes long. It sells for \$15.

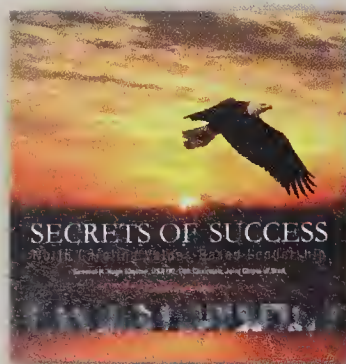
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on the bookshelf



Secrets of Success

Kay Yow, Richard Petty, David Gergen and Charlie Rose—these are just a few of the 35, well-known North Carolina leaders featured in the new book "Secrets of

Success: North Carolina Values-Based Leadership." The coffee-table book, by Gen. H. Hugh Shelton, Tarboro native and U.S. Army (Ret.), 14th Chairman of the Joint Chiefs of Staff, offers unique leadership insight. Its first-person anecdotes are as diverse and interesting as the collection of people who spoke them. Hugh McColl examines how values he learned as an officer in the United States Marine Corps enabled him to create one of the largest and most profitable banks in America. Civil rights attorney Julius Chambers recalls the leadership that led to the desegregation of North Carolina schools. And Arnold Palmer shares revolutionary thoughts on the game of golf. Stories are accompanied by black-and-white portraits taken by North Carolina photographer Simon Griffiths. The book's proceeds go to support leadership and scholarship programs for young people at the General H. Hugh Shelton Leadership Center, based at North Carolina State University. Published by Ivy House Publishing Group in Raleigh. Hardcover 84 pages, \$49.95.

(800) 948-2786

www.ivyhousebooks.com

175 Paces

Inspired by the writings of Thoreau and Emerson and the simplistic beauty they experienced at Walden Pond long ago, visual artist Carl Galie has created an entire book filled with beautiful images captured within a mere 175 paces from his friends' cabin home in eastern North Carolina. Created over two years, the book's photographs include a beguiling array of subjects—from panoramic scenes of fall foliage reflected in a pond's morning haze to the winged flurry of a lone dragonfly perched on a wildflower. The project's 24-month timeframe allowed Galie to document the four seasons—and the wildlife and landscape unique to the changing seasons. The pictures have a spiritual quality and inspire tranquility. Through intertwining quotes from Thoreau and Emerson and sensitive photographs, Galie shows that the poetic quality of nature is all around us. Hardcover, 98 pages, \$35.



(336) 766-9298

www.carlgaliephotography.com

Chefs of the Triangle

The Triangle region (Raleigh, Durham, Chapel Hill, Hillsborough, Cary and Pittsboro) is becoming known nationally as a dining hot spot, and its restaurants are mentioned increasingly in Gourmet, Bon Appétit, the New York Times, and other national magazines and periodicals. In "Chefs of the Triangle," author Ann Prospero has written profiles of both established and up-and-coming chefs from the area. Drawing from personal interviews, each of the 34 entries reveals the chef's cooking philosophy, influences and personality. The new book describes the ambience of the chef's restaurant and offers two or three of the chef's recipes. Chefs featured include Jim Anile at Revolution, Colin Bedford at Farrington House Restaurant, Tim Lyons at Blu Seafood and Bar, Ashley Christensen at Poole's Downtown Diner, Scott Howell at Nana's, Matthew Kelly at Vin Rouge and Walter Royal at Angus Barn. Published by John F. Blair in Winston-Salem. Softcover, 256 pages, \$16.95.



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Peppermint Forest in Charlotte

Founded in 1979, Peppermint Forest Christmas Shop showcases traditional and new trends in holiday decoration. Based in Pineville near Charlotte, its huge 35,000 square-foot store, along with its online store, sells Old World Christmas ornaments, tabletop decorations, angels, snow globes, nutcrackers, apparel, Christmas stockings, holiday trees, nativity scenes and more. Its snowman globes start around \$26.

(800) 909-6635 (NOEL)

www.peppermintforest.com



Immaculate Baking

Immaculate is an award-winning bakery based in Flat Rock. Its unique cookies are kosher-certified and made using organic ingredients. Varieties include favorites such as Chocobillys, Pumpkin Gingerlies and Leapin' Lemon. They come in 7-ounce bags and cost \$3.99 each. Other products include biscuits and scones, brownie dough and organic cookie dough. The ready-to-bake cookie dough is made with organic ingredients and available in several flavors, including Chocolate Chunk, Vanilla Sugar, Peanut Butter and Oatmeal Raisin. The pre-portioned cookie dough packs are 14 ounces and make 24 cookies. They sell for \$4.99 each.

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Getting To Know...



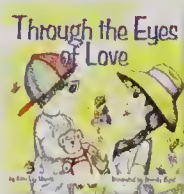
Teresa L. King

Born: King was born in Clinton on Aug. 20, 1961

Known for: First woman to ascend to the top drill sergeant position in the U.S.

Accomplishments: The eighth of 12 children, King is the daughter of a sharecropper who grew tobacco near Fort Bragg. As a child, King drove her dad's tractor and played basketball. When her siblings got in trouble, she volunteered to take their spankings. King joined the Army in 1980 and her first job was working as a postal clerk, a traditional position for women then. King rose to become the first woman named to serve as first sergeant of the headquarters company of the 18th Airborne Corps at Fort Bragg. She has served in Europe and held jobs at NATO and the Pentagon. Command Sgt. Maj. King assumed the top drill sergeant position in September at Fort Jackson, S.C. King drives a black Corvette with a license plate that displays the words "noslack." She has a Masters in Business Management and is pursuing a Doctorate of Divinity from the American Institute of Holistic Theology.

Quote: "Who knows how far we can go?"



"Through the eyes of love"

"Transforming a challenge into a reward" is what Kim Ely Morris likes to call it. Kim, a reading tutor, has an eye disease called ocular histoplasmosis. The disease has left her with greatly reduced visual acuity but she continues to do what she loves best, teach young children.

Morris wrote her new children's picture book, "Through the Eyes of Love," with K-2 school age children in mind. It teaches about sight differences and emphasizes that despite our differences, we all can and will be loved by others. Morris lives in Mount Airy and is a member of Surry-Yadkin EMC. She and the book's illustrator, Wendy Byrd of Westfield, are available for imaginative presentations for K-2 school-age children in Surry, Stokes and Forsyth counties. Softcover, 24 pages, \$12.99.

www.kimelymorriss.com or info@kimelymorriss.com.

Make your pet happy this holiday with homemade snacks!



Recycled holiday gifts

Ideas include ...

- Putting your old, unwanted dress clothes, shoes and jewelry in a box and give it to your sister or brother as a "dress up" kit or for a costume.
- Making a tasty treat for your loved ones. Don't forget pets!
- Giving an environmental gift like a refillable pencil and lead, cloth bag for shopping or for carrying school books, or a lunch box with reusable food containers.



Wrap and reuse

Try...

- Making your own cards or wrapping paper.
- Creating postcards or gift tags from used holiday cards.
- Giving treats in mason jars with holiday bows attached.
- Wrapping gifts in Sunday comics, old maps, or your own colorful artwork.

tar heel lessons

a guide to NC for teachers and students

Chuckle Why do magicians do so well in school?

They're good at trick questions!

Beefy biscuit dog treats

- 2 cups whole wheat or all-purpose flour
- 1 cup cornmeal
- ¼ cup wheat germ
- 2 teaspoons beef bouillon powder
- ½ teaspoon yeast extract (adds additional meat flavor)
- 1 large egg
- 1 tablespoon cooking oil
- 1 cup hot water

Mix first five ingredients in a medium bowl. Then add egg, cooking oil and hot water. Stir well. Roll out on a well-floured surface to ½-inch thickness. Place on ungreased cooking sheet. Bake on center rack at 275 F. for about two hours until dry and hard. Makes roughly 8 big bones and 12 puppy bones.





Good Golf, Good Citizens

Touchstone Energy cooperatives help 4-H raise funds and good North Carolina citizens

North Carolina's electric cooperatives this year raised more than \$86,000 for 4-H youth programs in the state. The 4-H benefit program culminated in October at the 13th annual EMC State 4-H Clover Classic held at the Governor's Club in Chapel Hill. That event and its 91 golfers alone raised \$16,000 for 4-H Citizenship North Carolina Focus, an annual citizenship experience for 4-H'ers across North Carolina.

During the year, 11 county 4-H programs partnered with regional cooperatives at local golf tournaments that raised over \$70,000 to help fund programs in Caswell, Cumberland, Edgecombe, Halifax, Harnett, Lee, Onslow, Orange, Person, Sampson, and Union counties. The funds help counties sponsor intra-state exchanges, as well as to offset project and curriculum costs, scholarships for camp, and other needs. Electric

cooperatives who participated were Central EMC, Edgecombe-Martin EMC, Halifax EMC, Piedmont Electric, South River EMC and Union Power Cooperative.

Each year at the Clover Classic a cooperative is awarded the President's Cup. This year's cup went to Rachel Hawkins with Piedmont Electric. The Piedmont Electric and Caswell, Orange and Person counties 4-H golf tournament raised \$5,800.

Jennifer Grable, 4-H agent in Person County, said, "For the past nine years, Piedmont Electric has taken on the responsibilities of not only sponsoring the event but handling most of the registration, marketing and donations. During those nine years, Piedmont Electric has helped raise over \$50,000 and provided opportunities to youth of different backgrounds within three different counties. We would like to extend

our gratitude to Piedmont Electric for all of the hard work and dedication they have given to the 4-H program over the years."

Activities funded included camp and college scholarships for Person County 4-H'ers, leadership camp for Orange County, and 4-H camp for Caswell County. Piedmont Electric also supported other 4-H program areas, such as livestock shows.

The President's Cup is endowed through the Dr. Mike Davis Family Fund for 4-H Innovation and Excellence.

The North Carolina 4-H Youth Development program serves over 239,000 youth, ages 5-19, in North Carolina and utilizes over 24,000 adult and youth volunteers annually. For more information, contact your local Cooperative Extension office or the state 4-H office at (919) 515-3242; mailing address: NCSU Box 7606, Raleigh, NC, 27695-7606.

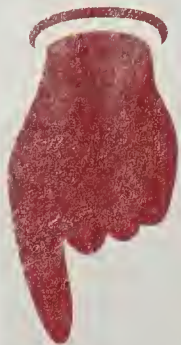
North Carolina's Electric Cooperatives

Your Touchstone Energy Cooperatives 



4-H

www.nc4h.org



Bet you didn't know...

...your ring finger (for those of you who don't have a ring, that's the finger next to your little finger) is the same length as your middle finger. If you play a piano or a glockenspiel it may be longer, even. If it is, let me know.

—excerpt from *the Trying Times*

MATCHBOXES

3	8	0	9	1	7	5	1	4	9	2
S	E	I	T	M	C	W	M	R	T	N

x	2
	N

After the fall...

6										
0										

Solve this multiplication problem and write your answer in the boxtops (one digit in each box). Then match boxes to find the hidden word in your answer.

UNSCRAMBLIT

What the pundit named his doughnut shop:

T												E			
d	a	s	a	b	m	s	r	b	b	c	e	d	b	l	s

Use the code clue below to fill in the blanks above.

"E D F H L O R S T" means
s c r a m b l e d

Oh, Kay!

Why were you staring at that juice can in the kitchen?

m n c e u c
"I r a l b a n s e n b."



Use the capital letters in the code clue below to fill in the blanks above.
Y T R S O N I E C A means
u n s c r a m b l e

WORD ward-wary-pray PLAY

1 R E D

2 _ _ _ _

3 _ _ _ _

4 G R E E N

To go from RED to GREEN you must add one letter or change one letter in each step. Letters can be rearranged in any step. You may be able to do this while waiting for a traffic light to change. Your answer may be different from mine.

For answers, please see page 35

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A sweet “superfood”

On the radar of nutritionists everywhere, sweet potatoes are packed with beta-carotene, vitamin C, potassium and fiber. They're not only delicious and healthy, they're also fairly simple to grow. North Carolina is the largest commercial producer of sweet potatoes in the United States, with most grown in the Coastal Plain and parts of the Piedmont. Though sweet potatoes are often called yams, the two are not related—the yam is a very large, starchy tuber that doesn't grow in temperate climates. Sweet potatoes go into the garden as “slips,” which can be purchased or propagated from the previous season's roots. They should not be planted until all danger of frost has passed and the ground has warmed above 65 F. Sweet potatoes require a long growing season, taking about four months to mature. Now is a good time to research and plan what varieties you might want to try this spring. Look for varieties with good disease- and pest-resistance qualities, and choose those that are recommended for your growing area. The Web site <http://cuke.hort.ncsu.edu/cucurbit/wehner/vegcult/sweetpotato.html> describes more than 70 named varieties and their characteristics. Sweet potatoes with dark-orange flesh are typically moister and sweeter than those with paler flesh. Most sweet potatoes have long, sprawling vines that can overwhelm small gardens, but a few bush varieties are available.

Gnome sweet gnome?

Like 'em or not, gnome statuettes appear permanently entrenched in American gardens. From the tasteful to the tacky, the bearded little men with pointy red hats are as revered as they are reviled. The decorative gnome owes its origins to 19th-century Germany, where craftsmen Phillip Griebel and August Heissner first cast these would-be icons in ceramic. The fanciful creatures became wildly popular throughout Germany, England and France, to the delight or horror of all concerned. Some gardeners found them cute, while others found them common. The English gardening elite has officially soured on gnomes—the creatures are banned from the gardens competing in the Royal Horticultural Society's Chelsea Flower Show. A neutral zone for gnomes may best be the bookshelf—specifically amid the pages of the many endearing, illustrated histories of these whimsical ornaments. The vivid photographs in Vivian Russell's “Gnomes” (2006, 136 pp.) arguably earn her book a place on the gardener's coffee table. “Gnomeland: An Introduction to the Little People” (2008, 160 pp.) by Margaret Egleton is equally deserving of a spot in the open.

Build your own greenhouse


Whether you want to usher tender plants through the winter outdoors or get a jump on spring propagation, a backyard greenhouse is a handy solution. But it can also be an expensive one. In addition, some gardeners tend to bite off more greenhouse than they can chew. The North Carolina Cooperative Extension publication “A Small Backyard Greenhouse for the Home Gardener” provides plans for



The decorative garden gnome owes its origins to 19th-century Germany, where craftsmen Phillip Griebel and August Heissner first cast these would-be icons in ceramic.

building an inexpensive 12-by-14-foot “hoophouse” out of PVC pipe, electrical metallic tubing, plastic sheeting and pine lumber. The four-page publication provides information about how to choose the best site along with step-by-step building instructions. You may download at www.bae.ncsu.edu/programs/extension/publicat/postharv/green/small_greenhouse.pdf or call your Cooperative Extension agent for a copy. You can find other helpful resources at http://clark.wsu.edu/volunteer/mg/gm_tips/hoophouses.html.

Hort shorts

- Monitor hemlocks for the presence of the hemlock woolly adelgid, an aphid-like pest. Cotton-like tufts (the insects' egg sacs) at the base of the needles are a sure sign of infestation. This non-native insect is ravaging native stands of wild hemlock as well as ornamental plantings in the home landscape. Visit www.saveourhemlocks.org.
- Don't rush to prune tree branches after a winter storm. Sagging or bent branches may rebound on their own. Prune any broken branches right away. 



Carla Burgess can be reached at ncgardenshare@mindspring.com.

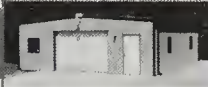
For more gardening advice, go to the “Carolina Gardens” section of www.carolinacountry.com.

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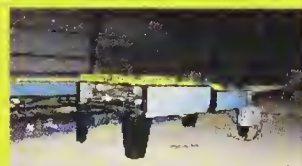
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2' 500 w	50-75 sf	\$18	\$169	

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WORD PLAY

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December Events



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ONGOING

Christmas Town USA

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Dec. 1–26, McAdenville
(704) 825-4044
www.mcadenville-christmastown.com

Arts Councils' Fourth Friday

Fayetteville
(910) 483-5311
www.theartscouncil.org

History Special

Hands-on activities, demonstrations
Saturdays
Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Poplar Grove Farmers Market

Through Dec. 16, Wilmington
(910) 686-9510
www.poplargrove.com

"A Christmas Carol"

Through Dec. 20, Sanford
(919) 774-4155
www.templeshows.com

Out of the Blue: Coast Guard Aviation

Through Dec. 30, Elizabeth City
(252) 331-4047
www.museumofthealbemarle.com

Home for the Holidays

Old-fashioned Christmas events, parade, concerts
Through Dec. 31, Flat Rock
(828) 693-9708
www.historichendersonville.org

"Inside Africa"

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

"Stars of the Pharaohs"

Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

Christmas Shop

Through Jan. 2, Hertford
(252) 338-8021
www.perquimansarts.org

Holiday Springs & Sprockets

Through Jan. 3, Durham
(919) 220-5429
www.lifeandscience.org

Poe House Decorated for Christmas

Through Jan. 4, Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Forever Free: Abraham Lincoln's

Journey to Emancipation
Through Jan. 6, New Bern
(252) 638-7807
www.newberncpl.org

American Quilt Classics

Through Feb. 2010, Charlotte
(704) 337-2000
www.mintmuseum.org

1

"The Glory of Christmas"

Concert, Concord
(704) 875-1471
www.northmeckcommunitychorus.org

Christmas Tree Lighting

Liberty
(336) 626-0364

Heritage Singers

Rutherfordton
(828) 245-1492
www.firstbaptistrutherfordton.com

2

Holiday Concert & Tree Lighting

Asheboro
(336) 633-0208
www.randolph.edu

3

Old Fashioned Christmas Parade

Randleman
(336) 626-0364

Singing Christmas Tree

Dec. 3–6, Fayetteville
(910) 483-5311
www.snydermbc.com/top_music_menu/concert_series.php

4

Holly Jolly

Shopping festivities, caroling, refreshment
Black Mountain
(828) 669-1961
www.exploreblackmountain.com

Christmas Parade

Asheboro
(336) 626-0364

Tree Lighting Ceremony

Spencer
(704) 239-3729

Creekside Christmas

Crafts, hayrides, visit from St. Nick
Archdale
(336) 626-0364

"The Nutcracker"

Dec. 4–5, Morganton
(828) 438-5394
www.commaonline.org

Country Christmas Train

Dec. 4–5, Denton
(336) 859-2755
www.countrychristmastrain.com

Handcrafters Guild

Dec. 4–5, Brevard
(828) 884-9908

Waterfowl Weekend

Food, music, decoy wares
Dec. 4–6, Harkers Island
(252) 728-1500
www.coresound.com

"The Gifts of the Magi"

Dec. 4–6, New Bern
(252) 633-0567
www.newberncivictheatre.org

Cowboy Christmas

Pro rodeo & gift show
Dec. 4–6, Kenansville
(704) 821-6830
www.maprarodeo.com

5

Christmas Parade & Festival of Lights

Hope Mills
(910) 483-5311

Breakfast with Santa

New Bern
(252) 633-8247
www.crmcfoundation.com

NC Jazz Repertory Orchestra Octet

Holiday music
Winston Salem
(336) 722-1921
www.oldsalem.org

"Christmas at the Farm"

Hendersonville
(828) 891-6585
www.historicjohnsonfarm.org

Christmas Parade

Love Valley
(336) 782-6362

Sharpe Store Music Gospel Jam

Bear Creek
(919) 895-0705
www.sharpestoremusic.org

Open House at Harmony Hall

Crafters, period decorations, food
White Oak
(910) 866-4844
www.harmonyhallnc.com

"Twas the Night Before Christmas"
New Bern
(800) 767-1560
www.tryonpalace.org

Christmas Parade
Black Mountain
(828) 669-2300
www.exploreblackmountain.com

Christmas Parade
Pine Knoll Shores
(252) 622-0340
www.townofpks.com

Jaycees Holiday Parade
Hickory
(828) 632-0106
www.hickoryjaycee.com

Appalachian Potters Market
Marion
(828) 652-8610

Christmas Parade
Liberty
(336) 626-0364

Holiday Kiln Opening
Thomas Pottery
Seagrove
(336) 626-0364

Holiday Open House
Westmoore Pottery
Seagrove
(336) 626-0364

Christmas Parade
Manteo
(252) 475-1500

Christmas Parade
Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

A Colonial Christmas
Dec. 5-6, Raleigh
(919) 833-3431
www.joellane.org

Core Sound Decoy Festival
Dec. 5-6, Harkers Island
(252) 838-8818
www.decoguild.com

Walk to the Stable
Bethlehem re-enactment
Dec. 5-6, Statesville
(704) 872-6097

"It's Christmas"
Concert by The Southern Band
Dec. 5 & 12, Dunn
(910) 890-4188
www.thesouthernband.com

Santa on the Chimney!
Dec. 5-12, Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

Jarman Opry Christmas Show
Dec. 5 & 12, New Bern
(252) 637-6586
www.thejarmanopry.com

6

Holiday Jubilee
Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Christmas Parade
Palestine
(704) 982-8488

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www.vallecrucis.com/fireside

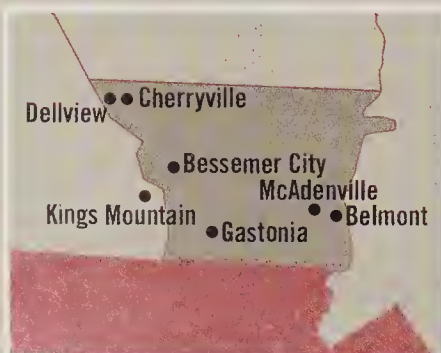
Christmas Parade
Rolesville
(919) 562-7069
www.roleschamber.org

Christmas Parade
Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

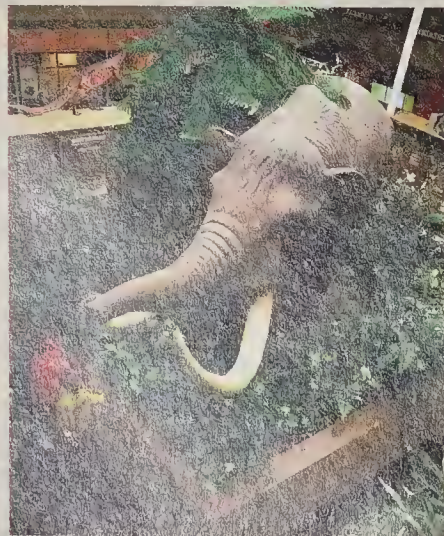
Christmas Parade
Archdale
(336) 626-0364

Albemarle Chorale
Christmas Concert
Elizabeth City
(252) 426-5891

CAROLINA COUNTRY adventures



Gaston County
Rutherford EMC & EnergyUnited territories



Schiele Museum, Gastonia

Family-style fish camps are an aromatic, tasty, down-home tradition in Gaston County. The more than 30 seafood eateries here include Twin Tops Fish Camp in Gastonia and Surf & Turf in Bessemer City. Gastonia is the biggest city and attracts shoppers eager to find pretty wares at its diverse stores. Over in Cherryville, the J. Ralph Beam Jr. Heritage Park offers an old jailhouse and one-room schoolhouse. Down the road, the 7,500-foot C. Grier Beam Truck museum spotlights beautifully maintained vintage trucks and memorabilia. Tiny Dellview is reportedly the world's smallest incorporated town (population 10 at last count). Stroll walking trails or join rock climbers at Crowders Mountain State Park in Kings Mountain. From Dec. 1-26, visitors flock to McAdenville, also known as Christmas City, USA. The little mill town comes ablaze each year with more than 450,000 red, white and green lights. (The town's largest employer, Pharr Yarns, picks up the electric bill.)

Three top spots:

Dirt track racing: Carolina Speedway has been hosting races for more than 40 years and holds weekly racing events Friday nights. Its weekly racing offers five divisions—Late Models, Crate Late Models, Renegades, Street Stocks and Pure 4s. (704) 728-2969 or www.driveondirt.com.

Botanical gardens: Named one of the nation's "20 Great Gardens" by HGTV, the Daniel Stowe Botanical Garden in Belmont boasts 110 cultivated acres. Visitors can admire nine major themed gardens, including a year-round Four Seasons garden and fragrant conifer plantings. Open seven days weekly, except holidays. Admission. (704) 825-4490 or www.dsb.org.

Schiele Museum of Natural History and Planetarium: Sitting just a couple miles from I-85, this Gastonia museum offers excellent opportunities to see the region's minerals, plants and animals. Visitors can also explore an 18th-century Backcountry Farm and a Catawba Indian Village. A special exhibit, OCEAN, offers a window into marine life and commercial fishing through December. (704) 866-6900 or www.schielemuseum.org.

Learn of other nearby
adventures and events:

(800) 849-9994
www.gastontourism.com

Fireside Sale

Holiday gifts made by local, regional artists
Brasstown
(828) 837-2775
www.folkschool.org

Living History Sunday

Charlotte
(704) 568-1774
www.charlottesmuseum.org

"The Nutcracker"

Dec. 6, 12, 13, Fayetteville
910-438-4100
www.crowncoliseum.com

Santa in the Park

Dec. 6-23, Rolesville
(919) 562-7069
www.rolesvillechamber.org

7**"The Glory of Christmas"**

North Mecklenburg
Community Chorus concert
Huntersville
(704) 875-1471
www.northmeckcommunitychorus.org

Handel's Messiah

Masterworks concert
Murfreesboro
(252) 398-6236
www.chowan.edu/events

Betty Tyler Art Show

Dec. 7-27, Manteo
(252) 475-1500
www.roanokeisland.com

Handel's Messiah Concert

Spindale
(828) 245-1492
www.foundationshows.org

8**"The Glory of Christmas"**

Concert, Charlotte
(704) 875-1471
www.northmeckcommunitychorus.org

Mommy, Me and the Museum Make Three

Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Silver Bells & Diamonds

Yuletide rock n' roll revue
Yanceyville
(336) 694-4591
www.ccfta.org

9**"Class of 2009" Tour**

Concerts featuring Saving Abel, Red,
Pop Evil & Taddy Porter
Fayetteville
(910) 438-4100
www.crowncoliseum.com

NC Symphony Holiday Pops

Spindale
(828) 245-1492
www.foundationshows.org

10**A Hickory Holiday**

Hickory
(828) 322-1121
www.downtownhickory.com

Candlelight Tour of Homes

Spencer
(704) 239-3729

The Best Christmas Pageant Ever

Dec. 10-20, Fayetteville
(910) 323-4233
www.cfrt.org

11**Christmas Parade**

Roseboro
(910) 525-4121

Art After Hours

Music, hors d'oeuvres
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Christmas on Sunset

Refreshments, live nativity scene
Asheboro
(336) 626-0364

Violins & Voices

Classical Christmas concert
Manteo
(252) 475-1500
www.roanokeisland.com

World Holiday Festival

Dec. 11-12, Fayetteville
910-438-4100
www.crowncoliseum.com

Country Christmas Train

Dec. 11-12, Denton
(336) 859-2755
www.countrychristmastrain.com

12**Christmas Parade**

Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

Holiday Big Band & Gospel Concert

Sanford
(919) 776-3272
www.carolinajazz.com

Christmas the Cowboy Way

Riders in the Sky concert
Spindale
(828) 245-1492
www.foundationshows.org

Christmas Parade

Bethel
(252) 329-4200

Christmas Parade

Winterville
(252) 329-4200

Christmas Parade

Fayetteville
(910) 483-5311
www.rotarychristmasparade.com

Cookie Walk

New Bern
(252) 636-0202

Candlelight Tour

Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Christmas Walk

Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Christmas Candlelight Tour

Tryon Palace, New Bern
(800) 767-1560
www.tryonpalace.org

Christmas Open House

WoodMill Winery
Dec. 12-13, Vale
(704) 276-9911

13**Victory Junction Run/Half Marathon**

Randleman
(336) 626-0364

15**NC Symphony Holiday POPS Concert**

New Bern
(877) 627-6724
www.ncsymphony.org

Ravine Scramble

Chimney Rock Park
(828) 245-1492
www.chimneyrockpark.com

16**Holiday Pops**

NC Symphony
Tarboro
(252) 823-5166

17**"Mooseltoe"**

Musical
Dec. 17-18, Morganton
(828) 438-5294
www.commaonline.org

18**Jingle Bells are Rocking**

Albemarle
(252) 335-1453
www.museumofthealbemarle.com

Candlelight Tour of Churches

Spencer
(704) 239-3729

Gingerbread House

Decorating Contest
Spencer
(704) 239-3729

Country Christmas Train

Dec. 18-19, Denton
(336) 859-2755
www.countrychristmastrain.com

19**Christmas Candlelight Tour**

New Bern
(800) 767-1560
www.tryonpalace.org

Sharpe Store Music Potluck & Bluegrass Jam

Bear Creek
(919) 895-0705
www.sharpestoremusic.org

Elizabethan Christmas

Manteo
(252) 475-1500
www.roanokeisland.com

20**Trio la Mer**

Chamber concert by local musicians
Manteo
(252) 475-1500
www.roanokeisland.com

31**Party in the Park**

Fayetteville
(910) 483-5311
www.faydogwoodfestival.com

New Year's Eve Party

WoodMill Winery
Vale
(704) 276-9911

First Night 2009

New Bern
(800) 437-5767
www.visitnewbern.com

The Diaries of Adam & Eve

Comedy stage play
Dec. 31 through Jan. 10, Rockingham
(910) 205-8553

Listing Information**Deadlines:**

For Jan.: Nov. 24

For Feb.: Dec. 24

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Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our Web site. Or e-mail events@carolinacountry.com

Efficient faucets can conserve water and power

When considering new faucets, know that several design factors affect a kitchen faucet's overall energy and water use efficiency. The maximum flow rate from the faucet is most important. Many, particularly children, often flip it on full just to rinse their hands. The style and shape of a faucet can also affect its convenience. A more convenient-to-use faucet allows you to turn the water on and off instead of letting it run between brief tasks.

A tall spout faucet, some as high as one foot, provides plenty of clearance to fill large pots or to get your hands under it to clean foods. These are also stylish with a professional look and are more popular today. If the kitchen faucet has a short or nearly horizontal spout, large pots must be filled in several steps from a smaller pot. This wastes more water down the drain because it is easier to leave the faucet running.

Pull-down faucets, with a sprayer built into the outlet end, are convenient and efficient. Some have about a 6-foot long nylon hose to allow for plenty of reach and flexibility. Greater length and flexibility makes it easier and quicker to wash foods and utensils using less water. This feature is particularly helpful if you wash dishes by hand. The soapy dishes can be stacked in a rack and then all rinsed at one time.

Look for a sprayer with an adjustable water-saving volume control. Moen's new Eco-Performance models provide three water flow settings for various tasks. The most efficient model uses 37 percent less water. One which easily can be switched between spray or stream mode makes it more effective and efficient. Also, a model with a 360-degree swiveling spout allows for more convenient placement of the faucet control handle.

One of the newest efficiency and convenience features in kitchen faucets is hands-free operation. This can be a significant energy and water saver. If you have the water set at the temperature you desire, you do not have to constantly move the handle to turn it on and off. Water and energy are wasted just setting the water temperature. All of these models can still be operated manually like a standard faucet. The two basic technologies used are a proximity sensor or a touch control. When you put your hands in front of a



This tall spout model is available with one- or two-handle controls. The one-handle faucets can be installed as a three- or a four-hole mount.

proximity sensor model, the faucet comes on. I use a touch control pullout faucet in my kitchen. Four C-size batteries under the sink power it for several years. You turn the manual faucet handle on for water. Touch anywhere on the faucet to turn the water off. Touch again and it comes on. When I am done at the faucet, I just turn the faucet handle off manually. It took some time to get used to, but now it's quite convenient, especially when rinsing dishes.

Another factor to consider is whether you want a one-handle or two-handle control. If you are conscientious about using hot water only when necessary, a one-handle design is more efficient. It allows you to set the mixture of hot and cold water for the desired temperature and then vary the flow rate. ⓘ

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Where to purchase efficient kitchen faucets

American Standard

(800) 442-1902

www.americanstandard-us.com

Delta Faucet

(800) 345-3358

www.deltafaucet.com

Kohler

(800) 456-4537

www.kohler.com

Moen

(800) 289-6636

www.moen.com

Price Pfister

(800) 732-8238

www.pricepfister.com

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SMOKY MOUNTAIN LOG CABINS, Pigeon Forge, TN. 251-649-3344 or 251-649-4049—www.hideawayprop.com

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EMERALD ISLE CAMP OCEAN FOREST Campground. Camping next to the ocean. Call 252-354-3454 for reservations or www.campoceanforest.com

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Creamy Eggnog Parfaits

- 2 cups milk
- 1½ teaspoons freshly grated nutmeg
- ⅓ cup sugar
- 2½ tablespoons cornstarch
- ⅛ teaspoon salt
- 6 egg yolks
- 2 cups thawed frozen whipped topping, divided
- ¼ teaspoon rum extract
- 16 thin ginger wafer cookies or other thin wafer cookies plus 8 additional for optional cookie rims, divided
- Additional freshly grated nutmeg and Cookie Garnish (optional)

Place milk in microwave cooker and microwave on high 3 minutes. Meanwhile, grate nutmeg. Combine nutmeg, sugar, cornstarch and salt in saucepan; whisk in egg yolks until smooth.

Gradually whisk milk into egg yolk mixture. Cook over medium heat 3–5 minutes or until mixture comes to a boil and thickens, stirring constantly (do not overcook). Remove from heat. Transfer mixture to mixing bowl; place a piece of plastic wrap directly onto surface of custard to prevent “skin” from forming. Refrigerate about 4 hours or until chilled. After it’s chilled, fold in 1 cup of the whipped topping and rum extract.

If desired, decorate eight martini glasses with crushed cookie rims. When ready to assemble parfaits, coarsely chop 16 remaining cookies. Spoon ¼ cup of the custard into each glass; sprinkle with chopped cookies. Top with remaining custard.

Garnish parfaits with whipped topping and sprinkle with additional nutmeg, if desired. Refrigerate until ready to serve. If desired, garnish with cookie.

Cherry Cordial Torte

Torte layers

Nonstick cooking spray with flour

- 1 package (18–21 ounces) traditional or chewy brownie mix
- 3 eggs
- ½ cup vegetable oil
- ¼ cup water

Filling and garnish

- 2 cans (21 ounces) cherry pie filling, divided
- 1 container (8 ounces) frozen whipped topping, thawed
- ½ cup powdered sugar
- 2 bars (1.45 ounces) dark chocolate candy, coarsely chopped
- 1 teaspoon almond extract
- ½ cup sliced almonds, toasted
- Additional powdered sugar for garnish (optional)

Preheat oven to 350 degrees. Spray two torte pans with nonstick cooking spray with flour. Place 8-inch circles of parchment paper over centers of pans; set aside. For torte layers, combine brownie mix, eggs, oil and water; mix well. Divide batter between pans, spreading to edges. Bake 10–12 minutes or until centers feel firm to the touch. Remove pans from oven; cool in pans 5 minutes. Invert brownies onto cooling rack and cool completely.

Meanwhile, for filling, strain one can of the cherry filling in a small colander to remove and discard glaze; place cherries into bowl. Fold in whipped topping, sugar, chocolate and almond extract.

To assemble torte, transfer one brownie well-side up to platter. Spread filling into brownie well. Place top brownie layer well-side up over filling. Using a slotted spoon, spoon second can of cherry pie filling into well of brownie, straining out about ¼ cup of the glaze. Spread pie filling over well, leaving a 1-inch border around edge of well. Sprinkle toasted almonds into border. Sprinkle powdered sugar over almonds, if desired. Refrigerate until ready to serve.

Yield: 16 servings



From Your Kitchen

Banana Cake

- ½ cup margarine
- 2 eggs
- 1½ cups sugar
- 1 teaspoon vanilla
- 2 cups plain flour
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ cup buttermilk
- 1 cup mashed banana

Cream margarine and sugar. Add eggs and vanilla. Beat well. Sift flour, soda, salt, baking powder together. Add buttermilk and beat well. Add dry ingredients alternately with mashed bananas.

Divide batter into 3 cake pans which will make 3 thin layers. Bake in a 350-degree oven for 20 minutes or until done. Turn cake layers out of pans; let cool.

Banana Icing

- 1 large banana, mashed
- 2 tablespoons margarine
- 1 tablespoon lemon juice
- 1 box powdered sugar

Mix mashed banana, 2 tablespoons margarine and lemon juice; beat well. Add powdered sugar to mixture and beat until smooth and creamy, to spreading consistency. Put between layers and on side and top of stacked cake.

Virginia Kinley of Woodleaf, a member of EnergyUnited, will receive \$25 for submitting this recipe.

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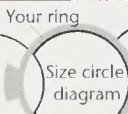
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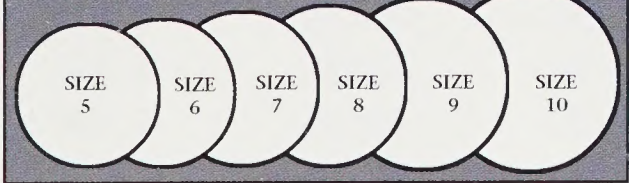
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15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
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85	\$ 26.26	\$ 17.67

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